

Using eConsults to Support Behavioral Health

eConsults can be used to:

- Manage a patient's condition in the primary care setting by supporting a primary care clinician's diagnosis or treatment plan
- Help develop an interim care plan for patients who face long wait times when seeking support from a psychologist or psychiatrist
- Provide follow-up recommendations for developing a treatment plan after screening, additional testing, or surveillance

RubiconMD offers specialty support across a variety of behavioral health specialties and subspecialties, including:

- Psychiatry (general, pediatric, geriatric, eating disorders, sleep disorders, opioid addiction, other addiction, and psychopharmacology)
- Psychology (general and pediatric)
- Pain Medicine

See the next page to learn how our primary care partners have used RubiconMD to support behavioral health needs:



Psychiatry & Psychology Case Studies:

Depression Management

32 y/o female school counselor with worsening depression and lack of energy. Afraid to take anxiolytics as mother was addicted. Weight gain is a concern as her BMI is 42.

Question: What are her treatment options, both pharmaceutical and non-pharmaceutical?

Psychology Management

47 y/o female with history of depression. Open to therapy prior to starting medications but therapy resources are limited in her community.

Question: How would you manage this patient until she is ready to start pharmacotherapy?

Opioid Addiction

30 y/o male with opiate addiction on MAT for 2 years and sublocade ~1yr. Wants to stop sublocade because of side effects and because he is doing well.

Question: If he is willing to take the naltrexone, how long after the sublocade can he begin?

Psychopharmacology

46 y/o female with a history of epilepsy and MDD, currently on Dilantin, Wellbutrin, and Zoloft.

Question: Given history, would Lamictal be a good option to help manage both seizure disorder and mood disorder? If so, what dose would you recommend?

Pediatric Psychiatry

32 y/o female school counselor with worsening depression and lack of energy. Afraid to take anxiolytics as mother was addicted. Weight gain is a concern as her BMI is 42.

Question: Is ADHD treatment with stimulants appropriate for a 5 year old? Any recommendations for different medications or treatment regimens?

Sleep Disorders

58 y/o female with history of MDD (on Effexor) and insomnia. Previously treated with Ambien but began to overuse.

Question: What options are available as an adjunct to aid with insomnia?