

eConsult+ Successful Submissions Guidelines

Submitting a clear eConsult leads to a high-quality specialist response and an improved care plan for your patient. Use the following guide to better understand how to submit a successful eConsult.

Helpful Tips

Include current presentation and relevant history, medications, allergies, and diagnostics. Also share any barriers to care such as language, inability to travel, or financial and insurance limitations.

History

- Duration and qualities of symptoms
- Family history of heart disease, stroke, sudden death or arrhythmia
- Comorbidities (CKD, OSA, diabetes, HTN, obesity)
- Smoking/alcohol/drug use
- BP range

Physical Exam

- BMI or height/weight

Tests

- If available: EKG , echo report (please include date and time stamps)

How can a specialist help?

1


Question

2

Assessment/Plan

3

Background - Optional

 Add Attachments

1 Clearly state your question(s)

Ask a clear, concise question for the specialist — the clearer the question, the better the specialist response. You'll have the chance to provide key patient background and details further down the eConsult as well.

2 Include your assessment/plan

Provide your current assessment or plan for the patient, as you wait for the specialist's response.

3

Provide detailed patient background

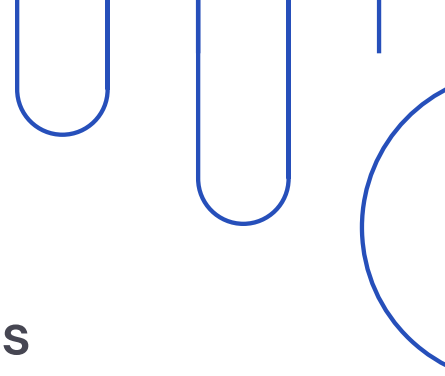
Be sure to include relevant helpful information about the patient and their case, including:

- > Include relevant PMH, PSH, meds, allergies, etc.
- > Patient presenting complaints, symptoms, physical exam findings
- > Relevant diagnostics and photos (labs, imaging)
- > Social barriers (cost, site of care, access to refrigeration, family support)




Full patient history, multiple progress notes, or past results are **not** necessary.


- Use the Camera App to take photos (skin lesions, EKG, radiology imaging)
- Refer to Helpful Tips on the left side of the screen for top specialties.
- Sample submissions are also included in the appendix for reference.




Examples of quality eConsult questions


Dermatology

 Patient with chronic lesion on leg (photo attached).


 What's your impression of the diagnosis, and suggested next steps?


Psychiatry

 Patient with substance dependence on multiple medications has been on Temazepam long-term.


 What's your impression of the diagnosis, and suggested next steps?


Cardiology

 Frail patient with multiple comorbidities had recent EKG showing spetal q waves; no old EKG available for comparison.

 What are your recommendations for cardiac workup?


Endocrinology

 Patient with uncontrolled diabetes on Levemir that is no longer covered by her insurance.


 Is there a cost-effective alternative? If switching to Lantus, what is the optimal equivalent dosage?


Hematology

 Patient with hx of DVT on Xarelto.

 How long should he be anticoagulated and what additional workup do you recommend?

Clinical Pharmacy

 Complex patient in long-term care facility with multiple comorbidities. List of medications attached.

 Can you share any ideas for deprescribing?

Have additional questions?

Contact your RubiconMD resource or email support@rubiconmd.com.

