

DR. PAULINE LYSAK

P S Y C H I A T R I S T B.Med, M.D., FRCP(C)

Tel (250) 483-7641
Fax (250) 483-7643
office@lysak.org
www.lysak.org

About the Patient

NAME	
DOB (D/M/Y)	MSP
ADDRESS	HOME PHONE
	WORK PHONE
	CELL PHONE

About You

NAME	
MSP	OFFICE PHONE
BACK LINE	FAX
ADDRESS	

Please include (here or on separate pages) all of the following:

REASON FOR REFERRAL	
CURRENT PHYSICAL, PSYCHIATRIC & SUBSTANCE AILMENTS	
ALL CURRENT MEDICATIONS & DOSES	
PREVIOUS PSYCHOTROPICS OR PAST PSYCHIATRIC CONSULTS (ATTACH CONSULTATIONS)	
ALLERGIES	
RECENT LABORATORY INVESTIGATIONS (INCLUDE AT LEAST THE FOLLOWING, PLUS ANY APPLICABLE MED LEVELS, E.G. VALPROATE) FERRITIN _____ VIT B12 _____ PRL _____ TSH _____ CREA _____ ALT _____ QTC INTERVAL _____	
ANY OTHER IMPORTANT INFORMATION	
<input type="checkbox"/> Please do not make medication changes (RECOMMENDATIONS ONLY) SEE BACK FOR MORE INFO <input type="checkbox"/> Please do not consider for longer-term followup (CONSULTATION ONLY)	
DATE (D/M/Y)	SIGNATURE

Dr. Lysak's MSP # is 67382

REFERRAL INFORMATION

Patient Profile

Patients must be aged 18-64 inclusive.

I normally see patients with a wide range of mood and anxiety disorders. I will consider referrals for patients with other types of disorders, but am unable to see patients whose *primary* psychiatric diagnosis is psychosis (e.g. schizophrenia) or addictions.

I am particularly interested in working with patients having comorbid chronic physical illness, e.g. cancer, colitis, pain, diabetes. However, I am unable to accept referrals for patients with significant longstanding cognitive difficulties.

I generally take a broad view of patients' concerns, and frequently am able to provide help to more complex patients who have been difficult to diagnose or treat.

While I cannot provide a crisis service, please call if you have an urgent referral and I'll see what I can do. Please do not send patients to my office without an appointment! They will be redirected to the ER.

Service Provided

While I can provide a one-time consultation, for many patients I like to bring them back for a small number of followup sessions. This provides an opportunity to order additional investigations, get collateral, or allow both myself and the patient to reflect on the initial session, which can raise new questions or issues. A report will then be sent to you.

I will often make some short-term changes with patients (e.g. medications). If you would prefer I do not do so, and only provide recommendations, check the appropriate box on the form.

I will follow a limited number of patients longer term, providing ongoing medication management and individual psychotherapy. I also run several therapy and education groups, and the expectation is longer term patients participate in these groups. Again, if you do not wish me to consider your patient for longer term followup, check the appropriate box.

Laboratory Investigations

I would ask that you provide me with recent lab results for (at a minimum) the tests on the referral form, or if recent results are not available, to order them in advance of their appointment with me.

Of note, I am not affiliated with VIHA, so do not have access to PowerChart and other EMR tools, so would appreciate you sending a copy of these results to me directly.

Note that according to the psychiatric literature, patients with mood and anxiety disorders should have a ferritin ≥ 50 for optimal memory, concentration, and energy. A Vitamin B12 ≥ 240 is also recommended. Both of these are above the "standard" ranges. An ECG to measure QTc interval is important because most psychotropics can affect this interval.

Continuity of Care

I work closely with patients' family doctors and others (e.g., psychologists) involved in their care. For longer term patients, you will receive periodic update letters. I also encourage phone calls and even patient conferences as needed.

As I do not provide crisis care, patients will be directed to emergency/crisis resources for after-hours care. During holiday breaks, I do not arrange coverage for my practice, but ensure that you have relevant updates so are able to assist the patient if needed during periods of my absence. I believe this offers the best quality of care, as bringing in someone new who does not know the patient is rarely helpful in this population.

If you have any questions, please don't hesitate to get in touch with my office, and we'll help out as best we can.

Thank you very much, and I look forward to working with you and your patient!

Dr. Pauline Lysak
MSP #67382