

Trinergy Center For Integrative Psychiatry, LLC

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CONSENT FORM FOR TREATMENT

About Integrative Psychiatry

Integrative Psychiatry uses a patient centered, **mind-body-spirit approach** that combines the technology of modern medicine with the science/wisdom of ancient and traditional forms of medicine, from around the world. Integrative Psychiatry recognizes not just the mind-body connection but also the **body-mind connection**. Diet, nutrition, lifestyle, health of the gut, hormones, state of the immune system, genetics, relationships in life; all become important considerations for analysis and intervention. This is quite different from “conventional psychiatry” which has unfortunately become a linear, medication-focused model. In this medication only model, not addressing the specific nutrient, genetic or even “spirit” requirements of a person, leaves them in a non-recovery limbo state.

Dr Tummala’s integrative approach skillfully combines Ayurveda (Indian traditional medicine), Functional medicine and conventional psychiatry. This approach is geared to finding the root cause of a patient’s problems and to address it in treatment. Modes of intervention may include conventional psychiatric medicines, nutraceuticals, herbal supplements, Ayurvedic detox regimens and other therapies, diet, lifestyle, physical exercise including yoga, Pranayama (yogic breathing exercises), stress reduction exercises, psychotherapy, family counseling, etc. These interventions are recommended on an individual basis in collaboration with the patient who becomes an active participant. The focus of the treatment is on you, the patient! And the goal of treatment is not just suppression of symptoms, but health, harmony & vitality for you!

Dr Tummala provides medical, nutritional and lifestyle advice along with advanced lab testing that may not be universally accepted by “conventional psychiatrists” or may not be considered main stream by traditional, allopathic medical care (for eg: Dr Tummala routinely checks nutrient levels like vitamin D, or a patient’s genetic profile, and recommends treatment based on these results). However, please note that Dr Tummala’s approach is backed by current, cutting edge medical research which she is happy to share with interested patients. All patients are advised to have a general practitioner or primary care provider outside of the services Dr Tummala provides and have access to conventional medicine for both acute and chronic diseases. Dr Tummala is more than happy to collaborate with your other health care providers to achieve the ultimate goal of your health.

Medication & Supplement Therapy Guidelines

During the course of treatment, various medications, nutraceuticals (nutrient treatments) and supplements will be recommended in hopes of alleviating your symptoms. We will provide you with as much information as we can, regarding the safety and possible risks of these medications/supplements.

Statements regarding use of nutraceuticals and herbal supplements etc, have not been evaluated by the Food and Drug Administration. And the FDA does not regulate supplements. Like in any medical practice; the medications, nutraceuticals and herbal supplements are recommended by Dr Tummala in good faith and with good reason (based on currently available scientific research). However, client/patient must be willing to assume the risks of taking these medications/supplements.

In case of pregnancy, or contemplated pregnancy, or if pregnancy is a possibility, please inform Dr Tummala and do not take any medications/supplements. Dr Tummala will then discuss the medications/supplements further with you. Certain medications/supplements may be recommended and others not. The supplements available for purchase at Trinergy Center are from high quality suppliers. Information about our suppliers will be made available per request or interest. Patients may purchase supplements from any other source as well. Please be advised that we take no liability risk if you choose to utilize the supplements we recommend or those you buy from Trinergy Center. These supplements are not intended to diagnose, treat, cure or prevent any disease. Dr Tummala uses supplements as a means to improve the general health and wellbeing of the patient. The patient agrees and understands that use of supplements and dosages may differ from that which is listed on the label or elsewhere (eg: on an online website regarding a particular supplement).

Psychiatric medications sometimes incur some risks with driving or operating machinery, as certain medications can induce sleepiness. If you have decreased alertness, or any problem with fatigue or sleepiness due to the medications, we urge you not to drive or operate heavy machinery; while under the influence of that medication. Again, side effects and benefits of each medication/supplement will be discussed and such remedies will be started only with explicit patient consent. Please inform Dr Tummala if you do not want to take a medication, or any particular medication/supplement, due to possible adverse events. The patient is responsible to notify Trinergy Center of any allergies that they have or believe that they have.

The undersigned fully understands that the practice of medicine and surgery is not an exact science and herewith acknowledges that no guarantees have been made as to the results or outcomes of any treatments or procedures. The above has been discussed with the patient at length.

Laboratory Diagnostic Services:

The cost for diagnostic tests vary depending on the fee schedule of the specific laboratories utilized and the tests ordered. Patients will be informed of these costs before any tests are ordered. We make no profit or commission from these tests. In most cases, payment to these labs must be made directly by the patient to the lab, at the time of sample submission.

Refusing to treat a patient at Trinergy:

The physician has the right to refuse treatment to any patient she feels she cannot help. Dr Tummala has a **strict policy against prescription of narcotic substances** (opiates, including suboxone, subutex) and other highly addicting psychotropic agents like **benzodiazepines, stimulants**, etc. Dr Tummala has found that such “medicines” are ultimately detrimental to a person’s long term health. In the event of a patient who is already prescribed and taking such medicines, and after a thorough consultation, if Dr Tummala recommends a taper and discontinuation, the patient is expected to follow through with such recommendations. All effort and support (as is possible) will be provided by Dr Tummala to help such a patient in the taper and discontinuation process. Please note that such **taper and discontinuation usually takes months** so as to allow the mind-body system to acclimatize to a new state of function.

Confidentiality

All information provided to Trinergy Center for Integrative Psychiatry staff is strictly confidential and HIPAA regulations are enforced, except in the following circumstances:

- If there is a threat of harm to self.
- If there is a threat of harm to others.
- Your insurance company requests information about your treatment in order to process a reimbursement claim or certify care.

- The patient authorizes the release of information by signing a release form naming the specific person to receive the information.
- Certain circumstances where we are required by law to release patient information (e.g. court subpoena; suspicion of child abuse, elder abuse, or abuse of a person deemed incapacitated or incompetent, etc).
- In the rare instance where a Judge may mandate testimony from this physician. In such situations, the involved client retains the right to refuse the involvement of the physician/therapist in legal proceedings.
- If there is reasonable degree of certainty that patient cannot operate a motor vehicle or heavy machinery due to epilepsy, dementia, TBI or other cognitive dysfunction.
- We choose to discuss your treatment particulars with another provider (for furthering your treatment goals). i.e physician, therapist, chiropractor, acupuncturist or any other health care practitioners the patient currently sees (unless specified not to do so).

Medical Records

Medical records are required by law. Trinergy is using an electronic health record (EHR) system to record and store patients' all clinical information. This EHR system is secure and also abides by the HIPAA laws/regulations. Any written records that need to be kept will be kept locked and will only be accessible to Dr Aruna Tummala. Clients do have the right to access or to view their medical records. Time spent collecting, printing, copying, and summarizing the medical record will be charged an appropriate fee. For any concerns or questions regarding medical records, clients are encouraged to discuss with Dr Aruna Tummala.

Website, Media, Blogs:

The information provided by Trinergy health website and blog or its affiliates; including printed materials, audio and video resources, is for **educational purposes only** and is **NOT** intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek professional medical advice from your physician or other qualified health care provider such as Dr Aruna Tummala, with any questions you may have regarding a medical condition.

Communicating with Dr Tummala:

Dr Tummala can be reached by phone at 262-955-6601. Dr Tummala checks her voice Mail regularly and will make every attempt to return **NON-EMERGENCY** calls within 24 hours, not including weekends and holidays. Please leave your full name, phone number and the reason for your call in the voice mail. Dr Tummala is not available after hours (5pm to 8am on weekdays and Friday 5pm to Monday 8am) for medication refills.

Dr Tummala can also be reached via her email address: draruna@trinergyhealth.com. Please note email is **NOT** a secure means of communication and patients should exercise their judgment and caution regarding communication of sensitive information. In such an event, Dr Tummala reserves the right to not communicate via email and instead use the phone. Please also note that the email is **NOT** an appropriate form of contacting Dr Tummala in an emergency.

In all cases of urgency or emergency, please call 911 or go to the nearest emergency room.