

## Suitable for

## Reason for Referral

- Medication question
- Consult wanted (by community or patient) but not indicated
- Triage for psychotherapy
- Is this case being complicated by a personality disorder
- Differentiating bipolar disorder from personality disorder
- Am I on the right track with my treatment?

## Pit Assessment

- Psychosis
  - Management of complicated affective disorder
- Full Psychiatric Consultation**
- Patient with long complicated history and I do not know where to start

- Recommendations for crisis management
  - Recommendations with potential medical-legal worries
- Either type of appointment**
- Is this Autism Spectrum Disorder? (patient tolerance specific)



Your family doctor has decided it would be helpful for you to have a Pit Appointment – a brief consultation with both the family doctor and a psychiatrist.

This information sheet was developed to help you have a clear idea of what pit appointments are, what their limitations are, and what to expect during your pit appointment.

### What is a Pit Appointment?

- A 30-minute appointment
- You and your doctor will get advice from a psychiatrist about your specific problem or issue.
- Due to time limitations:
  - The psychiatrist will only be able to address one problem
  - **IMPORTANT:** You and your doctor should have a clear goal set for the appointment. Examples include: help with diagnosis, new medication, treatment options

### What a Pit Appointment is Not

- It is not a full psychiatric consultation. Often it is not necessary to consult with a psychiatrist again or on an ongoing basis.

### What Happens During a Pit Appointment?

- Your doctor will give the psychiatrist a brief overview of your history and the challenge you are currently facing (approximately 5 minutes).
- Then, you will join your family doctor and psychiatrist (approximately 20 minutes).
  - The psychiatrist will ask you some questions.
  - You may also want to ask some questions.
- The psychiatrist will do his or her best to help. Usually this team of three comes up with a plan during the appointment. In some cases, the psychiatrist may not have a ready answer and may want to think it over and follow up with your family doctor later on.
- The psychiatrist will leave and your doctor will discuss how you and the family doctor will proceed (approximately 5 minutes).

### What Happens After a Pit Appointment?

- Hopefully, you will have some new information, treatment options, or medication that will help you.
- Your care plan will incorporate the new information from this appointment.
- You will get follow up with your family doctor.



## PIT / PSYCHIATRY REFERRAL FORM

### Client Information

|                          |                          |
|--------------------------|--------------------------|
| <b>Patient:</b>          | <b>DOB:</b>              |
| <b>PHN:</b>              | <b>Phone:</b>            |
| <b>Program:</b>          | <b>Year:</b>             |
| <b>Date of Referral:</b> | <b>Referring Doctor:</b> |

**Reason for referral:**

**Details of illness/trouble:**

**While at UHS with the present illness, medications and therapies already tried, or being tried now:**

**Past psychiatric history (including medications and therapies):**

**Family psychiatric history:**

**Any physical illness or medications we need to consider:**

**Personal history of note:**

**Present life circumstances of note:**

**What is the referring doctor hoping for?**

**What is the patient hoping for?**