



## **Referral for comprehensive neuropsychological assessment may be helpful for SMI patients who:**

- Report difficulty with functional activities (school, work, self-care) because of cognitive symptoms.
- Have a history of neurological/medical conditions such as seizure, stroke, significant head injury, etc.
- Present with symptoms concerning for neurological comorbidity.
- Have a history of diagnosed or suspected learning disorder/intellectual disability.

This is not an exhaustive list of potential reasons to refer to neuropsych, and I'm always happy to discuss whether a referral is a good fit!

### **Other considerations:**

- Cognitive problems can often be related to sleep disruption. If someone presents with untreated sleep disturbance or insomnia, evaluation should be deferred until sleep problems are better-controlled.
- Depending on pattern of use, those who are actively using substances may not be appropriate for evaluation until sobriety can be maintained. However, current or past substance use does not necessarily preclude evaluation.
- Severe and untreated emotional distress can account for reported cognitive symptoms and also might interfere with someone's ability to participate in an evaluation. For those who present with severe depression, anxiety, mania, or other mood symptoms, consider deferring neuropsych evaluation until psychological functioning is improved if the patient continues to report cognitive symptoms.
- In adults, traditional neuropsychological testing is an inefficient tool for assessing autism spectrum disorders (ASD). If there is strong concern that an adult patient may have undiagnosed ASD (e.g., due to evidence of developmental delays and consequent functional difficulties), it may be appropriate to refer them to Nisonger Center for comprehensive developmental and psychological evaluation.



## **Considerations for patients:**

- Outpatient assessments are conducted at the Neuropsychology Clinic at 3650 Olentangy River Road, Suite 310
- Assessments are scheduled as 4-hour appointments.
- The appointment typically starts with a clinical interview lasting 30-45 minutes. Afterward, patients begin the cognitive testing where they complete a variety of tests to assess different domains of cognition like memory, attention, problem solving, language, reasoning, and processing speed.
- Most tests are administered via paper-and-pencil, but some are taken on the computer.
- Breaks can be taken during the appointment. Snacks, water, and coffee or tea are available.
- Within 2-4 weeks, a detailed report including the results and recommendations is sent to the referring provider and is available for patients to view in MyChart.
- Patients are encouraged to schedule a follow-up appointment with Dr. Trask to review the results and recommendations.

## **How to make a referral to Dr. Trask:**

- Fax referral form to 614-293-1456
- Specify:
  - Preferred provider: Christi Trask
  - Department: Psych Neuropsychology Olentangy
- Be sure that the reason for referral and/or your clinical documentation clearly outlines the cognitive question.
- **Contact me via phone, email, or Teams message so I know the patient needs to be scheduled.**
- Note that, for insurance coverage, a referral is often required to come from a physician.

## **My contact info:**

Christi Trask

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