

Referral Tips

Referrals You Might Not Have Thought Of

Most PCPs and RNs think of lots of different patients that can benefit from a consultation with the BHC. However, there are a few problems that might not come to mind right away. These include problems that are just beginning and problems that you might not think of as having a behavioral treatment.

Use the BHC for Prevention Visits

Examples

- Utilize the BHC for anticipatory guidance during Well Child Visits
- Involve the BHC with patients of any age who need to find ways to be more physically active
- Involve the BHC if an adult reports difficulties sleeping since starting a new job
- Involve the BHC with patients who smoke, even if they do not feel ready to quit

Use the BHC for Less Common Problems

Examples

- Temporomandibular Disorder (TMD)
- Thumb sucking
- Fingernail biting
- Hair pulling
- Acute post-trauma problems (early intervention may help prevent PTSD)
- Some dermatological problems (urticarias, alopecia, hyperhidrosis)
- Relapse prevention planning (for patients that are doing well)

And ways you can use the BHC that you might not have thought of . . .

Examples

- Information gathering calls (e.g., to school, other health care provider)
- Complete medication agreements with patients
- Gather history for you on a work-in patient with likely psychological problems
- Gather history on a scheduled patient with psychological problems when you are behind
- Return phone call to patient with psychological complaints

Figure 10.9. An example of an educational handout to encourage PCPs and RNs to refer a broad range of patients to the BHC.