

Neuropsychological Evaluation Process

There are three separate neuropsychological assessment appointments: **initial intake session, neuropsychological testing session, and the report review session.**

1. **Initial intake session** is a one-hour appointment (includes time with a neuropsychologist and completion of medical paperwork) during which information is gathered about a person's concerns/difficulties, medical background, and history. A clinical examination is then conducted to determine whether the case will be accepted. If accepted, the findings are used to determine what specific tests will be used to address the reasons for referral. A family member is encouraged to attend this appointment to provide information about the patient. The patient to be evaluated (i.e. child) must be present.

2. **Neuropsychological testing session** is based on the patient's concerns, information gathered during the initial intake consultation session and those of their referring physician. The duration of the evaluation is approximately 6 hours. Patients are responsible for ensuring they are fully rested and have snacks/lunch with them at the time of their appointment. All tests are administered individually and designed to provide detailed information about the individual's cognitive functioning. Many tests are 'hands on' and require assembling, sorting, organizing, etc. A typical evaluation involves assessment of:
 - a. Intellectual Ability
 - b. Reading/Writing Ability
 - c. Attention/Concentration
 - d. Language/Verbal Comprehension
 - e. Memory
 - f. Spatial Abilities
 - g. Executive Functioning
 - h. Motor Functioning
 - i. Learning (Children Only)
 - j. Personality, Emotionality, and Mood

3. **The report review session** consists of a twenty to forty-minute appointment in which the doctor reviews the diagnostic test results with the patient and/or a family member. This appointment allows an opportunity for further questions and discussion as it pertains to next steps, treatment options, and additional recommendations.

The neuropsychologist is responsible for evaluation, assessment selection, the clinical intake and interview, and compiles the final report that interprets and summarizes the results. The assessments are administered by a trained technician called a psychometrist under the supervision of a neuropsychologist. Whereas, some tests are scored by the psychometrist under the supervision of a neuropsychologist.

The evaluation will take approximately 6 hours, depending on which tests need to be given and how quickly the patient is able to work comfortably. The tests range in format from paper-pencil, computer, problem solving/puzzles, and/or oral dialogue. An afternoon lunch break if the evaluation is going to extend into the afternoon and/or shorter breaks are offered. Patients are required to provide their own food/beverages throughout the day.

Preparing for the testing day: A neuropsychological evaluation includes a series of tests designed to measure a person's cognitive abilities; such as, memory, attention, communication, problem-solving abilities, psychological symptoms, and review of the person's medical history. These tests are used to determine whether cognitive changes are symptoms of a neurological illness/injury, a psychological condition such as depression or anxiety, or possibly a normal part of aging and development. Doctors can then use this information to help determine a diagnosis, assess whether an intervention has or is likely to affect cognitive ability and direct future treatment plans.

To prepare for your evaluation:

- Get a good night's sleep.
- Eat a good breakfast, preferably with protein.
- Bring water, snacks, and a lunch. A fridge and microwave are available.
- Take all of your medications as usual unless you are directly instructed to do otherwise.
- Bring glasses, contact lenses, hearing aids, or other necessary assistive devices.
- If you have had any neuropsychological, psychological, or academic testing done in the past, bring those records with you.
- Patient/guardian be prepared to sign a release form giving the neuropsychologist permission to distribute results with health care provider(s). Please have their contact information available.
- Wear comfortable clothes (preferably layered clothing for temperature).
- The neuropsychologist may ask permission to interview family members accompanying the patient or permission to have family members present during the initial or final sessions.

During the testing session:

- Please ensure your cell phone is silenced and put away to prevent interruptions.
- Inform your psychometrist of any special needs (i.e. frequent breaks due to health difficulties, seizures, etc.).

Children's Testing:

- Parent/guardian must give written permission of person(s) picking up minor children on the testing day.
- Parent/Guardian must remain in the vicinity of the private practice during the testing day in the event assistance with the patient is needed. However, no person(s) is allowed in the testing room unless requested by the neuropsychologist/psychometrist.

Does insurance cover a neuropsychological evaluation?

Insurance coverage varies greatly, depending on individual insurance plans. Some portion of the evaluation is usually covered. If you want to confirm coverage, please check with your insurance provider.

Pre-Bariatric Surgery Psychological Evaluation Process

1. **Session One: Psychological evaluation:** Certain psychological factors present challenges for weight loss outcome. The primary objective for the psychological evaluation is to identify and minimize mental health obstacles, develop behavioral recommendations, and enhance pre- and post-surgical weight loss success. The psychological evaluation is important because it provides behavioral health resources and coordination of pre- and post-surgical care with medical health providers.
 - a. **First Part: Psychological Evaluation**
 - The entire psychological evaluation is 2 hours.
 - The first part is a pen and paper evaluation that takes about one hour to complete. The evaluation consists of:
 - **Personality Assessment**
 - **Depression and Anxiety Screening**
 - **Eating Habits Screening**
 - b. **Second Part: Clinical Interview**
 - The second part of the evaluation is a clinical interview that takes about one hour. The purpose of the clinical interview is to assess readiness for bariatric surgery, determine level of support needed, and give strategies for maintaining weight loss success based on what was helpful and not helpful in the past.
 - Some of the topics in the clinical interview are:
 - **Weight History**
 - **Eating Behaviors**
 - **Family History**
 - **Psychiatric Treatment History**
 - **Substance Use History**
 - **Physical Activity**
 - **Motivation and Knowledge**
2. **Session Two: Follow-up counseling support**
 - After the initial two-hour evaluation, patients will return to participate in the **Lifestyle Modification Education Success After Bariatric Surgery** session.

Areas that are necessary for a successful bariatric surgery outcome and maintenance are reviewed. This session is one hour.

- If needed, patients will have individual **Ongoing counseling sessions** instead of the Lifestyle Modification session to individually assist patients with lifestyle changes, depending on their need of support for bariatric surgery. This may be two to six individual counseling sessions. The amount of sessions required are subject to change depending on patient progress.
- **A patient is given full psychological clearance by the psychologist ONLY AFTER Session 1 and Session 2 are successfully completed.**