



Information about the operating procedure of psychiatric care at Panoráma Polyclinic

1. We provide psychiatric care in our clinic in accordance with the professional rules of psychiatry.

2. Psychiatric care is provided for a variety of purposes. Psychiatric colleagues on our clinic perform the following activities:

- recording the psychiatric status
- **counselling and therapy suggestions** related to an existing psychiatric illness
- **diagnosis** of certain pathologies
- long-term **medication** of certain mental illnesses (as defined by the specialties of our psychiatric colleagues).

The latter may be part of a complex therapy in which psychotherapist and psychiatrist carry out the treatment in close collaboration.

3. **Psychiatric treatment** is usually a lengthy process, requiring meetings with different regularities depending on the nature of the illness and its current severity.

- The timing of **each session** is agreed between the psychiatrist and the patient, either directly or with the help of the clinic's staff.
- The patient has the right to cancel each appointment for follow-up examination at least 2 working days in advance, in which case the hourly rate for the psychiatric follow-up examination will not be charged.
- In addition to the pre-arranged follow-up appointment, if necessary, communication regarding the dates is possible, at the following contact details of Panoráma Polyclinic:

i. Panoráma Polyclinic Buda (Derkovits street clinic):

1. Phone: +36 70 775 0288
2. E-mail: recepicio@panoramaklinika.hu

ii. Panoráma Polyclinic Pest (Ilosvai Selymes street clinic):



1. Phone: +36 20 265 7808

E-mail: info@panoramaklinika.hu

4. During psychiatric follow-up examinations, it is possible to discuss the effects and side effects of psychiatric **medications**, to modify the dose or the active substance based on these, or to administer the continuation of treatment in an unchanged form.

5. Prescription writing:

- during the personal follow-up appointment via the EESZT (national e-Health) system or on a paper-based prescription. In this case, prescription writing is part of the examination, and it is free of charge.
- in the case of an online (Zoom/Skype) consultation via the EESZT system or a paper-based prescription by delivery (to the reception). In this case, prescription writing is part of the follow-up examination, and it is free of charge.
- only in the case of long-term care patients and for well-adjusted doses of unchanged medication, repeated writing of prescriptions is possible by telemedicine (e-mail, Zoom/Skype, telephone) via the EESZT system, if your doctor considers this possible without a follow-up examination. The prescription fee must be paid by bank transfer and the prescription's uploading to the EESZT system is subject to the receipt of the amount. The fee for prescription writing is charged according to the current list price, which can be consulted on our website (panoramaklinika.hu) or by calling our staff or e-mailing to the above contact details.

6. Telepsychiatry

- Online (Zoom/Skype) consultation is available with most of our colleagues, except for the first examination, in which case we recommend a personal (face-to-face) appointment. The hourly rate for an online consultation is the same as for a face-to-face appointment.
- In the case of telephone and e-mail consultations, if their complexity and length exceed the discussion related to the technical details only (e.g. missed prescription, agreed feedback, appointment), the e-mail consultation fee will be charged. The fee for prescription writing is charged according to the current list price, which can be consulted on our website or by calling our staff or e-mailing to the above contact details.
- Telephone consultations are available by appointment (prior arrangement) at the time and place specified by the psychiatrist. If the patient wishes to consult



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his/her treating physician earlier than the appointment provided by the psychiatrist, he/she can make an appointment for a new date by contacting Panoráma Polyclinic during its opening hours.

7. The fee of the psychiatric follow-up examination which is due to Panoráma Polyclinic is payable occasionally.

8. **Other medical examinations** - internal medicine examination, laboratory tests, ECG, etc.

Although the psychiatric examination mainly consists of an assessment of thinking, speech, emotions and other internal experiences, certain physical diseases may be associated with psychiatric symptoms and certain physical illnesses may have psychological complications. In our clinic, in accordance with professional recommendations, we consider the following examinations to be part of the diagnostic process, and as a condition for starting drug therapy:

- Routine laboratory (blood) tests
- ECG (electrocardiogram) + blood pressure measurement.

In addition, further physical tests may be essential when the doctor finds it necessary.

These may include:

- involvement of other medical specialties, conference of doctors (internal medicine, neurology, endocrinology, etc.)
- imaging tests (e.g. MRI, EEG) - the latter are not available in our clinic, but we are ready to arrange these tests with our contracted partners
- prior ECG and/or laboratory tests may also be required before adjusting certain medications, which we are also ready to arrange in our clinic.

The above examinations are not part of the psychiatric examination, and the patient can have the recommended tests at our clinic at list price or through another healthcare provider of their choice (we can accept findings no more than 6 months old, and in the case of laboratory tests and ECGs, reports no more than 2 months old.)

9. Psychiatrists have a **duty of confidentiality**. The patient acknowledges that group case conferences take place in our clinic. The confidentiality obligation also applies to the members of the case discussion group. Exceptions to the confidentiality obligation are made if the psychiatrist considers that the



information in question could cause serious harm to health or property. In such cases, the psychiatrist will act in accordance with the legislation in force (Act CLIV of 1997 on Health).

10. In the case of mental illness, sometimes the patient's symptoms may be so severe that they cannot be safely treated in the outpatient care of the clinic. If necessary, the doctor is entitled to initiate **psychiatric inpatient treatment** in a planned way or, in the case of dangerous behaviour, in the framework of emergency care. In all such cases, the psychiatrist will strive to reach a consensus with the patient, failing which acute psychiatric treatment will only be initiated in the case of an imminently threatening condition. The therapeutic relationship is maintained in parallel with this, and psychiatric treatment may be continued by mutual agreement after completion of the treatment in another institution.

11. In the event of acute deterioration of the condition or **psychiatric crisis (immediate urgency)**, suicidal fantasies, or possible severe side effects of medication, the patient must report immediately to the local psychiatric department, possibly notifying the on-call medical or the ambulance service.

12. Psychiatric examination is impossible if the patient is under the influence of mind-altering substances (alcohol, drugs). The patient is obliged to inform the doctor of any medications or performance-enhancing drugs taken.

13. The doctor will prepare **documentation** about the examination in accordance with the legislation in force, and the patient will receive an outpatient form, a signed copy of which will be kept at our clinic and a copy will be given to him/her. The outpatient form of the examination constitutes part of the personal health documentation, which the patient and his/her (authorised) doctors can access via the EESZT system. We cannot waive our documentation obligations even at the patient's request; however, the patient can exercise his/her right of self-determination within the EESZT system to restrict access rights.

Budapest.....

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Name

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Signature