



Patient Handbook

Welcome to Elevate Health Clinics!

Elevate Health Clinics provides neurological and neuropsychological medical care to individuals represented by an attorney. We offer a broad range of evaluations, beginning with a medical consult and ending with a complete review and comprehensive medical report. We may also provide transportation upon request for patients who are unable to drive or otherwise attend appointments unassisted.

In this handbook, you have been provided a step-by-step guide to the Elevate process, including a breakdown of every appointment you will be attending and all the providers who will be advising you along the way. The handbook is an easy way to keep yourself organized by helping you to keep track of your appointment dates and knowing what is happening next.

Lastly, always feel free to ask any questions you may have. We know your situation can be stressful and confusing. That is why our goal is to keep you well-informed and supported through every stage of your journey!

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Appointment Checklist

- Medical Consult** scheduled for _____ (1hr)
 - Your Elevate physician will evaluate your symptoms and introduce you to the Elevate process. You may undergo Neurocognitive Testing on the same date.
 - Neurocognitive Testing** scheduled for _____ (1.5hr–2hr)
 - You will be evaluated for a broad range of neurological and psychological symptoms by performing a battery of tests administered by one of Elevate’s neurocognitive technicians. Please refer to page 4 for preparation instructions.
 - Neurology Consult (12+)** scheduled for _____ (1hr)
 - You will meet with your Elevate neurologist to evaluate your neurological symptoms. At this visit, you may discuss the results of all testing and ask any questions you may have.
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Additional Evaluations

These more extensive evaluative appointments may be recommended for you by a provider

- Vestibular Testing** scheduled for _____ (1hr)
 - Elevate’s vestibular team will evaluate you for any balance issues by performing a Videonystagmography (VNG). Please refer to page 5 for preparation instructions.
- QEEG** scheduled for _____ (1.5hr–2hr)
 - You will undergo a QEEG (Brain Map) performed by a licensed technician to identify any over- and under-activation of brainwaves. Please refer to page 5 for preparation instructions.
- Standard Neuropsychology Consult** scheduled for _____ (45min)
 - Your Elevate neuropsychologist will conduct several assessments to evaluate your neuropsychological symptoms. You may discuss any relevant testing results thus far.
- Forensic Neuropsychology Consult** scheduled for _____ (6hr–10hr)
 - You will meet with your Elevate neuropsychologist to undergo extensive neuropsychological testing. This visit often lasts more than six hours and is intended to explicitly determine the cause of your symptoms.

Neurocognitive Testing

When you come in for your neurocognitive testing appointment, the technician will walk you through several computer-based tests. These tests can be done in any order and measure many different aspects of brain health, including:

- Visual/Auditory Processing
- Working Memory
- Cognitive Flexibility
- Sustained Attention
- Verbal Memory
- Processing Speed
- Reaction Time
- Complex Attention
- Composite Memory
- Executive Function

What to expect:

1. The technician will stay close by to answer any questions you may have with the tests and provide any guidance necessary, though you must answer all of the questions yourself based on your own experiences and opinions.
2. All patients under the age of eighteen are required to have at least one parent or legal guardian with them during the appointment unless a signed consent is on file. However, we recommend a parent or legal guardian be present for best results, as separate questionnaires may be given to a parent or legal guardian for comparison purposes.
3. The neurocognitive testing can take up to two hours. You will be allowed to take breaks whenever you need them. Feel free to bring drinks and snacks with you.

Preparation Instructions:

- Have two good nights of sleep prior to the test.
- Refrain from taking any attention/focus stimulants you may take on a normal basis** (i.e. prescribed medications, over the counter vitamins). If you have any questions or concerns regarding your medication, please do not hesitate to call.
- Bring any corrective lenses you may have (i.e. glasses or contacts).

Vault Psychological Assessment

Usually taken at the same appointment as the neurocognitive testing, the Vault psychological assessment is a battery of computer-adaptive tests. This means that the Vault will ask you different questions depending on how you respond. It then calculates several scores for you on several different scales relating to a variety of symptoms and disorders. Your Elevate physician will interpret these scores when they make their diagnoses.

What to expect:

1. You will be asked to answer questions on a computer. The technician will be able to help you with any questions you have regarding the Vault, though you must answer all of the questions yourself.
2. You will either take the Vault at your neurocognitive testing appointment or at home via your own device. If you are asked to take the Vault at home, you can call us with any questions and we would be happy to help you.

Preparation Instructions:

- Have two good nights of sleep prior to the test.
- Bring any corrective lenses you may have (i.e. glasses or contacts).

Elevate Symptom Survey

Also typically administer along with the neurocognitive testing and the Vault Psychological Assessment, the Elevate Symptom Survey is an exhaustive self-report of a broad range of neurological and psychological symptomatology. Your Elevate physician will go over your responses with you to ensure a thorough analysis of your neurological and psychological wellbeing.

What to expect:

1. You will be asked to answer questions on a paper form. The survey may take up to one half hour.
2. Your Elevate physician will follow through with any symptoms that you report.

Preparation Instructions:

- Have two good nights of sleep prior to the testing.
- Bring any corrective lenses you may have (i.e. glasses or contacts).

Videonystagmography (VNG)

Videonystagmography is a specialized technique for vestibular assessment (balance testing). VNG tests inner ear and central motor functions by using infrared goggles to trace eye movements while your eye is stimulated and while you are moving. VNG can determine whether dizziness or other balance issues are caused by inner ear disease or some other cause (such as low blood pressure or anxiety). It is one of the only tests available that can distinguish between one-ear and both-ear balance deficits.

What to expect:

1. You will be wearing eye goggles for an extended period of time. The entire test usually lasts around one hour.
2. You will be asked to have your eyes follow objects that jump from place to place, stand still, or move smoothly to check for any neurological problems.
3. The technician will move your head and body into various positions to make sure that there are no inappropriate eye movements.
4. The technician will also stimulate both of your inner ears (one at a time) with warm and then cold water to confirm that your vestibular system for each ear is working and responding to stimulation.

Preparation Instructions:

- Avoid wearing any mascara** or similar products that would need to be removed before wearing goggles.

QEEG (Brain Map)

This extensive evaluation may be recommended for you

Electroencephalography (EEG) is the measurement of electrical patterns at the surface of the scalp, which reflect brain activity and are commonly referred to as “brainwaves.” Quantitative EEG (QEEG) is the analysis of the digitized EEG, also known as “Brain Mapping.” The QEEG is obtained by placing electrodes on the scalp and recording the electrical activity of the brain in 19 different brain areas.

What to expect:

1. You will wear a snug cap (like a swim cap) that is fitted with sensors. Two clip-on sensors similar to clip-on earrings will be placed on your earlobes. A chinstrap will be used to ensure your cap remains in place throughout the recording of your brain waves.

2. The technician will record twenty to thirty minutes of data. During the recording, you will be asked to sit still with your eyes open and with your eyes closed. You may also be asked to perform a simple task, such as reading to yourself silently.
3. The test can last anywhere from one to two hours. The testing can be completed more quickly if you remain still and attentive.

Preparation Instructions:

- Have two good nights of sleep prior to the test.
- Eat a meal high in protein and low in carbohydrates (sugar) one hour before the test. Avoid milk, turkey, juice and bananas.
- Wait to take your daily vitamins until after your test.
- If possible, avoid any over-the-counter medication or caffeine for two days prior to your test.
- Bring a moderately difficult book to read during your test.
- Double wash your hair and scalp (including your earlobes) with a clarifying shampoo such as Neutrogena or a baby shampoo. Do not use conditioner on or near the scalp.**
- Make sure your hair is dry and free of any styling product when you come for your test.**
- Follow any instructions about taking your prescription medications before your test.** If you have any questions or concerns regarding your medication, please do not hesitate to call.

Elevate Health Clinics FAQ

Why have I been referred to **Elevate Health Clinics**?

General

Elevate Health Clinics specializes in neurological evaluation for patients who have experienced traumatic injuries, such as motor vehicle collisions. You have likely been referred to us by your legal representative or by another medical specialist to undergo neurological testing. We will then compile a report indicating the condition of your neurological system (i.e. brain, spinal cord, nerves) and submit it to the appropriate parties.

What is the **Medical Consult**?

Evaluation

The medical consult will usually be your very first appointment. During this time, you will go over your injury history, family history, and major symptoms with your Elevate physician, who will then make any necessary referrals or additional testing plans. We will not be making any diagnoses during this visit.

What do I need to bring for the **Medical Consult**?

Evaluation

Please bring any records from previous office visits to psychiatrists, neurologists, therapists, and brain centers, as well as information about any injuries or third party payers you may have. All minors are required to have at least one legal guardian with them unless a signed consent is on file.

Will I be prescribed **medication**?

Treatment

Depending on the evaluation performed by your Elevate physician, you may or may not be prescribed medication at the time of your Medical Consult appointment. **However, many medications, and certainly all pain medications, negatively impact brain function.** Therefore, medication likely will not be prescribed until you have completed all testing and have met with your neurologist to review your results. During your Medical

Consult visit, your physician may offer you certain supplements that have proven beneficial in the treatment of traumatic brain injuries and their symptoms.

What is **Neurocognitive Testing**?

Testing

The neurocognitive testing appointment, sometimes referred to simply as the *neurocog*, consists of a set of computerized exams that test memory, memory recall, ability to focus, visual and mental processing speed, attention, reaction timing, and other skills that a brain needs to function properly.

Who can be present with me during the **Neurocognitive Testing**?

Testing

All minors are required to have at least one legal guardian with them unless a signed consent is on file. Anyone you would like to bring with you is welcome; however, you will need to be completely alone during the testing in order to minimize distractions.

What do I need to bring for my **QEEG** appointment?

Testing

Bring any prescribed corrective eye lenses (i.e. contacts, glasses). If you wear contact lenses, please bring solution and containers in case they need to be removed. Also bring a hat or hair tie and a brush or comb as the technician will be applying a gel to your scalp. Additionally, be prepared to give a listing of your current prescription medications, over-the-counter medications, and nutritional supplements.

Who can/should be present with me during the **QEEG**?

Testing

All minors are required to have at least one legal guardian with them, unless a signed consent is on file. Anyone you wish to be present may come in for the QEEG. Once the QEEG is set up and ready to record, all parties will be asked to go to the lobby during the recording as any distractions or noise may negatively affect the quality of the QEEG recording.

What medications do I need to stop taking before my **QEEG** appointment?

Testing

Over-the-counter medications and nutritional supplements should not be taken the day of the QEEG. If you have a question about any other medication, please call us before your QEEG appointment date.

What happens if I forget and accidentally take my medication(s) the day of my **QEEG** appointment?

Testing

Please give us a call before your appointment. Depending on the medication, it may be necessary to reschedule your appointment for another day.

When will I receive the **results** of my testing?

Results

After you have undergone the Medical Consult and all necessary testing, you will meet with your Elevate neurologist to evaluate your neurological symptoms. Your neurologist will review the report that we have compiled specifically for you. It will contain all information processed from your Neurocognitive Testing, VNG, QEEG, and any other evaluations or testing you may have done, along with an overall assessment and recommended treatment plan. Any questions you may still have about the process can be answered at this time.

If you have a question that does not appear in this handbook, feel free to call us and we will be happy to help you in any way that we can.