



## **Algos Behavioral Health Services, Inc.**

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### **Behavioral Health Evaluation for Spinal Surgery Candidates**

You have been referred by your pain management physician for a Behavioral Health Assessment (BHA) as part of evaluating your candidacy for a dorsal column stimulator, spinal cord stimulator, intrathecal pump, or spinal surgery.

This is a routine step for individuals having these procedures. Such treatment options are invasive medical procedures and frequently require a Behavioral Health Assessment. This step will assist your physician in selecting the preferred treatment procedure, maximizing recovery, and predicting potential surgical outcomes. Insurance companies require such a BHA to assist the physician in determining that this is an appropriate procedure for your pain treatment. The purpose of this assessment is to identify and evaluate possible risk factors that may predict a successful or unsuccessful outcome to this procedure. Since your physician is considering a major procedure for the treatment of your chronic pain, every effort is made to make the best clinical judgment for its effectiveness. Research has shown that there are some medical, psychosocial and emotional risk factors that may predict an unsuccessful outcome. This BHA will help to determine the presence of any of these risk factors so appropriate treatments can be identified and implemented before and after you undergo the proposed surgery. Thus, it will help your physician make a more informed clinical decision about this step in the treatment of your chronic pain.

The BHA will consist of a clinical interview including a review of medical history and past life experiences, completion of some informational checklists and psychological testing instruments. You will have the opportunity to discuss with the psychologist/clinical associate any concerns you may have, and medical questions will be conveyed to the physician and his/her medical team. This BHA may take 3-4 hours to complete. Some of the paperwork can be completed at home prior to the appointment in order to facilitate the process. The extent of the assessment and what instruments will be administered depends on what the insurance company has requested and/or approved. The psychologist/clinical associate will utilize standard professional guidelines to assist with the clinical judgment and determination of your candidacy for this surgery. Every effort will be made to complete the assessment as efficiently as possible. Feel free to ask the clinician any questions you have about these psychological procedures.