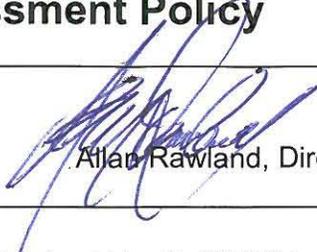


**County of San Bernardino
Department of Behavioral Health**

Laboratory Services/Physical Assessment Policy

Effective Date 06/01/91
Revision Date 05/16/11


Allan Rawland, Director

Policy It is the policy of the Department of Behavioral Health (DBH) to provide assistance to clients receiving care in Outpatient Clinics to obtain appropriate medical care and follow-up as needed on an individual basis.

Purpose To ensure clients receiving services in the DBH Outpatient Clinics are referred and assisted to obtain laboratory services, medical care appointments, and necessary follow-up essential to providing quality ongoing treatment by the providers in the DBH Outpatient Clinics.

Guidelines for Client Care Patients receiving Psychotropic medications may need a baseline laboratory study completed prior to beginning medication. In addition, follow-up lab studies may be necessary at regular intervals during the course of medication treatment, to include serum levels such as:

- Lithium
- Tegretol
- Valproic acid
- Other pertinent tests

An annual physical examination and appropriate lab work are required if indicated to ensure all clients receiving psychiatric medication treatment are in good physical condition and there are no contraindications to taking medications as prescribed.

In addition, consultation with the clients' medical care provider may assist to identify medical conditions which may be contributing to client psychiatric conditions. Pertinent details must be documented by the provider in client records.
