

Barrow Domestic Violence Brain Injury Program Follow-Up



How to Schedule Your Follow-Up Evaluations and Therapy

At the end of your appointment with Dr. Zieman, you will receive a list of the items that the doctors are recommending you have before your next appointment.

Your follow-up visit with the doctor will be scheduled before you leave your first appointment. This generally will be in six to eight weeks from your first appointment. This gives you lots of time to undergo the recommended testing, evaluations or therapy.

If the doctor recommends you have an appointment:

MRI, EEG, CT, or Other Referral

This referral is for images or other tests to evaluate your brain. THIS IS THE MOST IMPORTANT ITEM TO COMPLETE BEFORE YOUR FOLLOW-UP WITH THE DOCTOR. Call the outpatient imaging department at (602) 406-3650 to schedule your appointment. You can schedule your MRI or CT scan for the same day as your next doctor's appointment (a few hours before) so that you can reduce the number of trips you have to make to the hospital. If the doctor orders an MRI or CT scan and you complete it before your follow-up appointment, he or she will show the images of your brain at your next appointment.

Therapies Referral

For physical, occupational, and speech therapy, go to the therapy department on the first floor in the doctors' office building. The Outpatient Neuro-Rehabilitation Center may call you to schedule your evaluations, but we recommend you call them to get the ball rolling. Call (602) 406-1600 and ask the receptionist for a customer service representative in scheduling. Tell the staff member your name and date of birth, and say that Dr. Zieman referred you for therapy and you'd like to get started ASAP. The more flexible you can be with your availability for therapy, the easier it will be to get an appointment. If you get a voicemail, leave a message and continue to follow up every couple of days.

Dr. Padmaja Bollam (Psychiatry)

You will receive an appointment with Dr. Bollam before you leave your first appointment at the clinic. You will likely be scheduled within eight to ten weeks. If you are unable to keep this appointment, please call the office at (602) 406-4323 to cancel or reschedule.

- If you are advised to see Dr. Bollam, we would also like you to get connected with a psychiatrist that accepts your insurance for long-term help with your mental health.
- If you have AHCCCS, you can contact the mental health system by calling 1 (800) 564-5465. Please make an appointment through them even if it is

For More Information

(602) 406-6688
BarrowNeuro.org

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before your scheduled appointment with Dr. Bollam so that you can get help as soon as possible.

- When you go to your first appointment to a mental health doctor through AHCCCS, your first appointment will likely be an “intake” appointment. A specialist will meet with you to figure out what kind of mental health services will address your issues in the best way (one-on-one counseling, medication, group counseling, or all of the above).
- Taking care of your mental health symptoms can help your brain injury symptoms get better.

Neuropsychology Referral

This referral means the doctor thinks it would be helpful to have your thinking skills evaluated. The test is a two- to four-hour evaluation. This can help you find your thinking skills strengths and help you identify your weaknesses so that you can better work on them.

To schedule this appointment, you may call (602) 406-3671. Give them your name and date of birth, and tell them that you are a patient of Dr. Zieman and that you'd like to schedule your appointment for your testing. Please be sure you write your appointment time and date down somewhere you'll remember. If you are unable to make your scheduled appointment, please call them at the number above and cancel or reschedule.

Medication

Medication changes or new medications are prescribed based on your symptoms, and the doctors will explain how to take them. The pharmacy information you give us is attached to your chart, and the medication will automatically go there. However, if you do not have funding for medication or are not established with a regular pharmacy, your prescription will go to the pharmacy at St. Joseph's Hospital and Medical Center at 500 West Thomas Road. See the attached map for location. Please take the medication as directed. If you have problems with your medication, please contact the clinic at (602) 406-4323.

If you have any questions or concerns about your recommendations or scheduling your appointments, please call clinic coordinator Ana Acero at (602) 406-8277.

For medical issues, or if you need to cancel or reschedule your appointment for follow-up, call the Barrow Brain Injury and Sports Neurology Center directly at (602) 406-4323 or Ana at the number above.

The Barrow Brain Injury and Sports Neurology Center Team thanks you for allowing us to be part of your care.