

# HSC Medical Clearance & Screening Process



## Medical Clearance

The Human Services Center is a psychiatric hospital, providing specialized care for people who are experiencing severe symptoms of mental illness that require hospitalization.

It is sometimes challenging to know if symptoms of abnormal thinking/agitation are due to mental illness or underlying physical illness that is causing neurologic dysfunction. Patients must be medically stable before they can be admitted to the Human Services Center for mental health treatment. It is critical for patient's health and safety that they receive care in the most appropriate setting.

In summary, the more comorbidities the patient has, the more medications that are prescribed, the greater the age, and the more sudden the onset of symptoms, the higher the possibility that the patient's psychiatric symptoms are due to medical illness. The evaluation that is appropriate to determine if a patient needs a traditional hospital or psychiatric hospital needs to be individualized to their situation. Factors that should be considered are:

- The age of the patient
- History of mental illness
- Ingestion of illicit substances
- Comorbid illnesses
- The presentation of symptoms
- Medication side effects and toxicities

The patient should have a careful medical exam, including appropriate evaluation for infection, metabolic abnormalities, cardiovascular events, and medication or illicit substance toxicity. If one of these issues is felt to be present, the person should receive appropriate medical treatment prior to considering psychiatric hospitalization.

The following list of tests is provided as an example of the type of evaluation that may be appropriate, but this list is not exhaustive, and is not "required" in all situations:

- Complete set of vital signs, including oxygen saturation
- Comprehensive metabolic panel (including electrolytes, renal function, liver function tests)
- Thyroid studies (TSH and free T4)
- Acetaminophen level
- Salicylate level
- Complete Blood Count
- Ammonia level

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- Cardiac enzymes
- Urinalysis
- Urine drug screen
- Chest X Ray
- EKG
- CT scan of head

## Medical Screening Process

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The purpose of the medical screening process is to determine whether medical conditions exceed the capacity of HSC. This process is conducted by HSC prior to the admission process as part of the mental illness emergency commitment process.

Medical limitations at HSC generally include but are not limited to the following:

- No cardiac monitoring
- No IV potassium replacement therapy
- No IV antiarrhythmic medication therapy
- No burns
- No post-op with chest tubes
- No pain pumps
- No medically monitored detox services
- No Methadone treatment for opiate addiction
- No Suboxone treatment
- No dialysis unless approved in conjunction with Avera Sacred Heart Hospital

## Referrals from Communities:

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- Community referral sources (jails, community mental health centers, etc.) will be responsible for ensuring the patient is medically cleared and/or able to travel safely to HSC.
- HSC may request records but will not conduct medical clearance in regard to the patient's safety to be transported to HSC. The review by HSC is for the limited purpose of ensuring the patient does not have medical conditions that exceed the capacity of the center.
- HSC will still need to be contacted prior to the admission so the medical screening process can be conducted and the admission can be approved.

## Referrals from Emergency Departments

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- EDs are responsible for ensuring the patient is medically cleared/medically stable for transport.



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- HSC will still need to be contacted prior to the admission so the medical screening process can be conducted and the admission can be approved.

## Transfers from Inpatient Settings and Nursing Homes:

- The case will be reviewed by HSC and a physician to physician consult will be completed, if necessary, to resolve concerns.
- Additional lab work may be requested.
- The admission will not be delayed for review of rehab therapies and such.