



ABC testing appointments

What is an “Intake”?

Testing – 1 hour appointment

- The intake is a one hour appointment with Kelly Gonzales; PA-C. During this time, the patient will go over their goals, their history, family history, major symptoms and the provider will categorize all symptoms into sections pertaining to different areas of the brain. We **DO NOT** make any diagnosis during this session. Each patient will be given a “Brain Book” at the end of this appointment containing insurance benefits for the rest of the testing process, a Q&A section to help answer any other questions the patient may have, and scheduling log to help each patient track their process.

What do I need to bring for the Intake?

Testing – 1 hour appointment

- Any records from previous office visits to psychiatrists, neurologists, therapists, and brain centers. As well as any testing results performed at school.
- The patient may come alone if they are of legal age (18+). All minors are required to have at least one legal guardian with them, unless a signed consent is on file. We do recommend the patient bring at least one person closest to them, who know them well. I.e. a parent, significant other, child, etc.

What is a “QEEG”?

Testing – 1.5 hour appointment

- Electroencephalography (EEG) is the measurement of electrical patterns at the surface of the scalp which reflect cortical activity, and are commonly referred to as “brainwaves”. Quantitative EEG (QEEG) is the analysis of the digitized EEG, and in lay terms this sometimes is also called “Brain Mapping”. The QEEG is an extension of the analysis of the visual EEG interpretation which may assist and even increase our understanding of the EEG and brain function. QEEG is a procedure that processes the recorded EEG activity from a multi-electrode recording using a computer. The digital data is statistically analyzed, sometimes comparing values with “normative” database reference values. The processed EEG is commonly converted into color maps of brain functioning called “Brain maps”. The EEG and the derived QEEG information can be interpreted and used by experts as a clinical tool to evaluate brain function, and to track the changes in brain function due to various interventions such as neurofeedback or medication. QEEG gives us the ability to view the dynamic changes taking place throughout the brain during cognitive processing tasks, and this novel approach can be used to assist us in determining which areas of the brain are engaged and processing efficiently.

What do I need to bring for my QEEG appointment?

Testing – 1.5 hour appointment

- A book with few pictures, that is of moderate difficulty for you.
- Prescribed correction eye lenses.
 - If you wear contact lenses, please bring solution and containers in case they need to be removed
- A hat or hair tie and a brush or comb.
- A listing of your current prescription medications, over-the-counter medications, and nutritional supplements



What is a “Neurocog”?

Testing – 2 hour appointment

- The neurocognitive testing is loosely known as “Neurocog.” It is a compilation of questionnaires and computerized examinations that test patient’s memory, memory recall, ability to focus, visual and mental processing speed, attention, reaction timing, and other skills that a brain needs to function properly.

What is “CCAS”?

Testing (Adults 18+) – 30 minute appointment, scheduled same day as Neurocog or QEEG

- The Critical Care Assessment exam is a simple 20 minute, non-invasive, fully automated, computer based screening tool that collects data regarding your heart rate variability, blood pressure, and nervous system. You and your healthcare provider will review this data, and its impact on your overall health. CCAS is designed to give your provider insight into symptoms associated with a number of conditions. *This is not a stress test.*

ABC Treatments

What is “Neurofeedback” AKA “Neurotherapy”?

Treatment

- Neurofeedback is a non-invasive and painless method of training the brain. This process is designed to improve brain performance by shifting brainwave patterns to more favorable patterns. Through sensors a patient’s brainwaves are converted to digital displays that resemble video games. By playing these “games,” neurofeedback enables a patient to retrain their brainwaves. Our goal is to address your personal symptoms and the cause of the problem in order to improve your sense of wellbeing by teaching and empowering you to self-regulate. This process of training the brain is designed to stabilize **mood**, improve **attention**, **organizational issues**, **behavior**, **academics**, and to decrease **pain**.

What is “Interactive Metronome”?

Treatment

- Interactive Metronome is a therapeutic assessment and training program that improves attention, concentration, motor planning, visual and mental processing, and sequencing which results in stronger motor control, enhanced balance, improved language, and cognition. The patient attempts to match a rhythmic beat with repetitive motor movements by moving their hands and feet.

Why isn’t Interactive Metronome billed to my insurance?

Treatment

- Interactive Metronome is a cash pay service only, there is no CPT code associated with the treatment in order for us to be able to file to insurance.