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COVID-19 Update for Patients & Referring Providers

Although many businesses have starting re-opening in Arizona, the risk of contracting and spreading coronavirus is still an area of concern. Each business must consider their activities and the risk that these may pose. The process of completing psychological and neuropsychological evaluations requires many activities that can only be reliably completed in person and with less than the recommended 6 feet between the patient and psychologist. Attempting to complete these tasks while both parties are wearing masks (and sometimes gloves) may interfere with the process and results.

Since we know that individuals without symptoms can still spread the coronavirus to others, doing health screenings such as temperature checks, may reduce some of the risk, but not all.

As such, I have determined that it would still be unwise to conduct in-person evaluations at this time. I do not want to put myself, my family, my patients, their families, or my officemates at risk. As such, all in-person evaluations are still on hold until further notice.

There has been a lot of discussion among professionals about the option of doing assessments via telehealth methods (telephone, video, online, etc.). Although there have been some methods for this introduced, there are still many concerns that some of these assessments are not as good as in-person evaluations, may not produce valid results, and may not be accepted by important organizations (i.e., schools, disability, courts, etc.). The professional consensus right now is that clinicians should generally hold off on tele-health evaluations and instead wait until it is safe to resume in-person evaluations (although there may be some exceptions). However, as advances in tele-assessment processes continue, this may change. I will re-evaluate this option periodically and let potential patients know if this becomes a more reliable option for their particular needs.

Any new patients (or previously scheduled patients) who would like to be scheduled once in-person evaluations resume will be put on a waiting list and contacted for scheduling once we reopen for in-person appointments. We can also refer to other clinicians who may be open now if desired.

Once evaluations are resumed in the office, all sanitary practices will continue to be followed. Anyone with any symptoms of cold, flu, or respiratory illness, or who has been around someone who has been sick, will be required to reschedule their appointment.

Thank you all for your understanding as we try to keep everyone safe and healthy.

Sincerely,

Patricia Beldotti, Psy.D.