

Our services and What to expect during your visit

Initial meeting & Physician Interview complimentary

We understand the importance of getting to know the physician who will be handling your case. During this 60 minute meeting and physician interview we encourage patients to bring all of their questions and concerns to the table. We also encourage our patients to get to know Dr. Donca's medical background, experience, and expertise in a one on one interview so that you can be comfortable knowing his dedication to healthcare and to you particularly.

Blind Physical and Case review \$350

The first portion of this visit Dr. Donca will perform a blind physical in which he will do a complete History and Physical as well as a full body examination. He will take your concerns, covered in your initial meeting, into account during this extensive evaluation. The purpose of the blind physical is to get a set of fresh eyes on your condition without any biased opinions on your overall health.

During the second portion Dr. Donca will review your case directly with you, going over all the current testing that has already been performed and discuss whether your current diagnosis is appropriate. He will then go on to discuss your options and whether additional testing is required for additional diagnosis or if there is likely to be other options to give you more peace of mind on your plan of care.

When you leave this appointment you should leave comfortable with the knowledge that your current plan of care is accurate or you will leave with an updated plan of care for your health. This may include testing for other suspected diagnosis that may be found during your exam. It could also include testing to rule out any other things that could be causing your symptoms.

Plan of care follow up \$200

If your blind Physical and case review came back inconclusive, you likely received additional testing orders to rule out or diagnose your medical symptoms. In your plan of care follow up Dr. Donca will go through each test result in depth with you to show you the progression of his evaluation of your symptoms. You will be able to understand the test results and what they mean for you. Depending on the results in your plan of care follow up, you should be able to leave with a better understanding of your health and confident in your medical diagnosis and treatment plan. It is important to note that depending on the findings in your follow up, new findings may be found, leading to the possibility of more testing that may be needed to narrow down your diagnosis and formulate your plan of care but we are confident you will leave feeling more comfortable knowing that your health and wellbeing is being taken care of with the highest regard.

Additional Plan of care follow up \$200

Concierge scheduling \$25.00 per hour

We understand that during times of stress, dealing with the scheduling processes can be overwhelming. For patients who would prefer to let our administrative staff handle their scheduling needs, we are here to help you.

Diagnosis ?

For you as a patient, it is important to know how Physicians make a diagnosis. Having this knowledge you can take action of your own health and know if you have had any gaps in your current care plan in regards to your symptoms and health complaints.

Here are the 5 steps of how doctors make a diagnosis.

1. History. Take a history (ask questions). 90% of the diagnosis is based on the history. So taking one is a doctors most important skill. The 'past medical history' (previous problems), and carefully going through the patient's medications, are very important.

2. Examination. Do an examination. 5% of diagnosis comes from this. So it is important but not as important as the history. If the diagnosis can be made from the history alone, examination is not always necessary.

3. Investigations. These include blood and urine tests, and x-rays and scans. 5% of the diagnosis comes from these. These confirm the diagnosis (or rule out alternative ones). Investigations are not always necessary.

4. Diagnosis (initial or final). If we are sure at this stage, fine .. and that is the final diagnosis. If this is not possible, we make a differential diagnosis list'. This phrase means a group of possible diagnoses, starting with the three most likely causes that treatment must cover – if we need to start treatment now. If more information is needed, we wait for that, and then make the final diagnosis. If we are still not sure at this stage, we discuss with or refer to a doctor colleague. This is not always necessary.

5. Diagnosis (final).

Note. Not all 5 are always necessary – e.g. 1 and 4 are often enough for an experienced doctor to make a diagnosis. It all depends on the physicians experience and case characteristics.

This leads to a 'final diagnostic triad':

1. **Syndrome.** This means a recognisable pattern – e.g. back pain
2. **Diagnosis (final).** This means the precise cause of the problem – e.g. a prolapsed ('slipped') spinal disc
3. **Pathology.** This means the underlying disease process – e.g. age-related weakening of the spinal disc, leading to its expansion, so touching the spinal nerves.

WHO WE SERVE

We serve the adult population ages 18+

We serve those who have been given unclear or conflicting diagnosis or treatment plans

We serve those who feel they have not been given any clear answers on their condition, diagnosis, or treatment plans

We serve those who have been discharged from the hospital with little or no answers to what lead to their admission

We serve those who feel their symptoms and complaints have not been taken seriously

We serve those who have symptoms that are ongoing with no medical diagnosis made

EXCLUSIONS

We are unable to provide second opinions for

- Patients under the age of 18
- Surgical cases
- Psychiatric Diagnosis
- Cancer diagnosis

We are unable to provide second opinions to patients who currently have a diagnosis of cancer, surgical cases, or for patients who are looking for a second opinion on a psychiatric diagnosis. These patients are excluded because they are not within our scope of medical expertise and require a specialist to diagnose and treat their conditions. If you are unsure if you are a candidate for our second opinion program, we encourage all patients to schedule an appointment with us to discuss their concerns and how we can collaborate with them in their health and wellbeing.

WHAT IS A SECOND OPINION PHYSICIAN

A second opinion is when a doctor other than your primary one reviews your medical chart and test results to give you a diagnosis and treatment recommendation. A second doctor's opinion may turn out to be the same as your primary or it may suggest a different approach or include additional recommendations. They might have an alternate explanation for your health problems or they may offer you a different treatment plan. Below are a few reasons why you should consider seeking a second opinion before making any treatment plan decisions.

WHY GET A SECOND OPINION

Feel Empowered and Take Control

By seeking a second opinion, you will naturally become more informed about all of your available treatment options and even have a better sense of possible side effects of each. Many patients say that learning more about their condition and treatment helps you feel more in control of your health and ensure you are making the best decision for you.

Confidence and Peace of Mind

A second opinion can help you feel more comfortable that you are choosing the right treatment plan and if both doctors agree on a course of treatment, you will feel extra confident in your plan.

You Have Been Told There are No Options

If one doctor has said that your condition likely will not respond to treatment, or your choices are extremely limited, another doctor might be familiar with additional options unknown to the first and explore them with you. You have nothing to lose and everything to gain by seeking a second opinion.

Find a Doctor You Really Like

Most doctors understand that patients have the right to a second opinion and often encourage it. You are under no obligation to be treated by the first doctor you see if you feel that another doctor better meets your needs. When meeting with a new doctor, pay attention to the nurses, office staff, and environment to make sure that you choose the best team for your treatment.

Discover Alternate Treatment Options

Not all hospitals and doctors have access to the same treatment options. A second opinion could lead you to a more advanced treatment or to one more tailored to your individual needs.

Second Opinion Fears

Some patients may be concerned that the primary doctor will be offended if you decide to seek a second opinion. A doctor that has your well being in mind, will understand that you will want to seek a second opinion and will encourage you to do so in order for you to feel comfortable and assured before starting treatment. Keep in mind that they would likely do so if they were in your position as a patient.

Honesty is important in your doctor/patient relationship, so it is a good idea to keep your doctor informed of your final choices of how to move forward with care.

Remember, if a doctor is insulted by your choice to get another opinion or pressures you in any way, they may not be the best choice to engage with in the future. Additional emotional stress between doctors and patients has been shown to keep patients from healing as fast as they could otherwise.

Insurance

Consultation

Fee or no fee

Physical Case review and Plan of care follow up:

We strive for quality in our second opinion program which is why these portions of the program require fee for service. In the change of healthcare reform the healthcare system has had to trade in quality for volume due to the payment systems put forth by insurance companies. It is our belief that our service and dedication to your needs and the cost for those services will be of equal value. For us to best serve you it takes time, research, and extensive review which is reflective in the cost of our services.

Testing:

Testing is often the most expensive portion of a patient's medical diagnosis. Most likely testing will be needed to further investigate your case. Typically the testing needed is imaging (XRay, CT, MRI, Ultrasound) or Laboratory (blood draw, urine samples). All of these tests can be performed through a medical organization of your own choosing using your insurance coverage.

Additional:

Disposable Slippers \$1.37 ea

Robe \$15.95 ea (reusable)

White sheet or blankets \$0.??

Information packet with plan of care \$0.40-1.80 ea

Document packet with test results \$0.40-1.80 ea

Note pad for patient to take personal notes \$1.50 ea

TV for consultation room

Chairs x2 for consultation room

Large area rug for consultation room

Plants