

# Clearance Requirements for Surgeries, Employment, and Medical Procedures

At the Urban Institute of Mental Health (UIMH), the health and safety of our clients are of paramount importance. In order to ensure comprehensive and informed decision-making regarding medical clearances for surgeries, employment, or any other medical procedures, we have established the following policy:

1. Minimum Duration of Care: UIMH does not provide any type of clearance for surgeries, employment, or other medical procedures until the client has been in our care for a minimum duration of six months.

2. Rationale:

a. Comprehensive Assessment: A minimum duration of six months allows our clinical team to conduct thorough assessments, gather relevant medical history, and establish a comprehensive understanding of the client's mental health status.

b. Treatment Stability: Establishing a stable treatment regimen and observing the client's response to therapy over time is essential for ensuring optimal mental health outcomes.

c. Diagnostic Accuracy: Adequate time in care enables our clinicians to accurately diagnose any underlying mental health conditions, identify potential risk factors, and formulate an appropriate treatment plan.

d. Informed Decision-Making: With a comprehensive understanding of the client's mental health status and treatment progress, our clinical team can make informed decisions regarding medical clearances for surgeries, employment, or other medical procedures.

e. Patient Safety: Our primary concern is the safety and well-being of our clients. By adhering to a minimum duration of six months in care before providing any type of clearance, we mitigate potential risks and ensure that our clients receive the highest standard of care.

f. Ethical Considerations: Upholding ethical standards of care requires us to prioritize patient safety, informed consent, and thorough assessment before granting medical clearances.

3. Exceptions:

a. Urgent Medical Needs: In cases where urgent medical intervention is necessary, exceptions to the six-month clearance policy may be considered based on the clinical judgment of our healthcare providers.

b. Collaboration with External Providers: We may collaborate with external healthcare providers, upon client consent, to ensure continuity of care and facilitate the provision of necessary medical clearances.

4. Communication:

- a. Clear Communication: Our clinical team will communicate this policy clearly and transparently to all clients during the intake process and throughout their course of treatment at UIMH.
- b. Client Education: We are committed to educating our clients about the rationale behind our clearance policy, addressing any questions or concerns they may have, and ensuring their active involvement in the decision-making process regarding their healthcare.

#### 5. Policy Review:

- a. Regular Review: This policy will be reviewed and evaluated periodically to ensure its alignment with current best practices in mental healthcare, regulatory requirements, and the evolving needs of our clients.

This policy is intended to uphold the highest standards of care, prioritize patient safety, and promote informed decision-making regarding medical clearances for surgeries, employment, or other medical procedures at UIMH.