



# Telehealth in Rehabilitation

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# Overview

- ▶ PT use of telehealth
- ▶ Current PT Telehealth Models
- ▶ Current Evidence
- ▶ Telehealth as an Education Modality
- ▶ Telehealth in Improving Outcomes
- ▶ Special Focus: Telehealth in Vestibular Rehabilitation
- ▶ Technology

# Telehealth

- ▶ Teleconsultation
- ▶ Telesupervision
- ▶ Teleeducation
- ▶ Teletreatment
- ▶ Incorporate any number of mobile device tools; e.g FitBit

# How Can Physical Therapy Use Telehealth

- ▶ Wound Care
- ▶ Wheelchair Fitting
- ▶ Home Health
- ▶ Distant/Difficult/Rural Locations
- ▶ Gait Pattern Analysis
- ▶ Vestibular Rehabilitation
- ▶ Supervisory visits

\*Multiple uses throughout the future as medicine continues to change.

# Current Physical Therapy Telehealth Models

- ▶ US Military
- ▶ VA System
- ▶ Maine Islands-Maine Seacoast Mission
- ▶ Infinity Rehab-Washington
- ▶ Multiple states
- ▶ Clear benefit regarding utilization given relatively small population of Board Clinical Specialists and rural nature of our state

# Telehealth as an Education Modality

- ▶ Physical Therapy is unique, as patient interactions are increasingly becoming education sessions, especially considering reimbursement changes
- ▶ Colleague to colleague education (clinically, classroom settings)
- ▶ Professional to university education
- ▶ Education in progression of patient care
- ▶ Research

# Telehealth in Improving Outcomes

- ▶ Improved feedback in the throughout the course of patient care
- ▶ Increased accessibility to clinician feedback
- ▶ Improved documentation/progression
- ▶ Improved patient compliance both within care and post discharge
- ▶ Opportunity for consultation with experts in various areas of care

# Telehealth in Vestibular Rehabilitation- Wyoming

- ▶ Two PT's with advanced competency in vestibular rehabilitation
- ▶ Most clinics lack appropriate equipment and knowledge for basic, evidence based clinical assessment to appropriately develop treatment or referral plan of care
- ▶ Infrared camera goggles-Easily telehealth capable
- ▶ Micromedical technology and Vestibular First
- ▶ Provision of goggles to distant/novice site
- ▶ Collaboration with MD's or Vestibular PT's.
- ▶ Improve outcomes in line with existing, accepted clinical practice guidelines, streamline appropriate referral
- ▶ Technology is rarely the limiting factor in telehealth

# Telehealth Post Total Joint Replacement- Wyoming

- ▶ Comprehensive Care for Joint Replacement Model
- ▶ Considered recovery periods utilizing telehealth modality-found to improve outcomes regarding KOOS scores, pain, and ROM
- ▶ Currently, ice compression machines are provided on a rental or lease to purchase option
- ▶ Opportunity for movement modality, specifically recumbent or portable pedaling modality
- ▶ Review of HEP, assure compliance with HEP, improved outcomes

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The overall composition is clean and modern, with the text centered on a white background.

# Thank You!

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