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
Thank You!

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