

**< Student Telehealth Seminar >
Harness Your Screen Power!**

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APTA Delaware
6:00-6:30 pm

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Objectives

Objective 1:

- Define telehealth and recite at least 2 potential benefits related to this new form of patient interaction.
 - Checkout the Slides, MBG Lecture

Objective 2:

- Recognize (and correct) at least 2 potential "pit falls" commonly seen (or heard) during telehealth encounters.
 - Checkout the Slides, MBG Lecture, Interactions During the Lecture, Games

Objective 3:

- Apply different strategies to help create a meaningful experience for the patient.
 - Interactions During the Lecture, Games

Objective 4:

- Develop a deeper understanding why telehealth visits need to be permanently added to profession of physical therapy.
 - Advocacy, Resources, References

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Welcome

Telehealth (Definition)

- "Health care provided remotely to a patient in a separate location using two-way voice and visual communication (as by computer or cell phone)"

How Did We Get Here?

- World-Wide Pandemic

Public Health Emergency (PHE)

- COVID-19 Emergency Declaration Blanket Waivers for Health Care Providers
<https://www.cms.gov/files/document/summary-covid-19-emergency-declaration-waivers.pdf>

CMS Updates

- Telehealth Gets Approved for PTs
<https://www.cms.gov/Medicare/Medicare-General-Information/Telehealth/Telehealth-Codes>

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Telehealth Works!

Benefits

- Provides an option for real-time "screen-to-screen" interaction with patients when face-to-face treatments are not an option
- Eliminates travel time to/from appts
- Allows patients to receive care in a "safe place" / familiar environment
- Collaborative care between – providers, family members, specialists
- Family members can be present for instruction or training during a time when they previously were unavailable (due to travel demands, time constraints, time of day for the appts)
- Allows the therapist to see and visualize a patients 'home-life' in real time
- Uses technology to connect people
- Reduces disparity in access
- Addresses workforce shortages
- Cost effective

See APTA handout for other important benefits about telehealth!

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Screen "Games"

Ready, Set, Go...

- Up Tilt / Down Tilt
- Scanning the Room
- Head, Shoulders, Knees & Toes
- Back Up / Move Forward
- Do a Squat

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Meaningful Patient Experiences
- Let's Have Some More Fun!

- UE vs. LE AROM Screening – Competition, Find Deficits
- Trunk Alignment – Stooping, Bending, Functional Movement
- Lift Something – Lightweight, Heavy
- Transfers – Similar Surfaces, 2 Different Surfaces, To the Floor
- Steps - Ascend or Descend, Stepping Over Something

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Good News – Getting Paid!

Examples

- These CPT Codes are Eligible to be Billed:
 - 97161- 97164 (PT Eval codes / Re-eval)
 - 97110 (Ther Ex)
 - 97112 (NMR)
 - 97116 (Gait Training)
 - 97150 (Group Therapy)
 - 97530 (Ther Act)
 - 97535 (Self Cares/ADLs)
 - 97542 (WC Assessment)
 - 97750 (Phys Perf Test & Measurement)
 - 97755 (Assistive Technology Assessment)
 - 97760 (Orthotics Mgmt. & Training)
 - 97761 (Prosthetics Mgmt.)

“You can provide services from your home.”

- “During this public health emergency, CMS is allowing PTs in private practice (as well as other providers) to furnish telehealth services from their homes without reporting their home address on their Medicare enrollment while continuing to bill from their currently enrolled location.”

“There are technology requirements. Follow them.”

- “Services on the Medicare telehealth services list must be furnished using, at a minimum, audio and video equipment permitting two-way, real-time interactive communication between you and your patient.”

<https://www.apta.org/news/2020/04/30/cms-guidance-allow-pt-pts-in-private-practice-to-provide-services-via-telehealth>

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Even Better News!

Examples

Here are the areas covered:

- 97161- 97163 (PT Eval Codes)
- 97110 (Ther Ex)
- 97112 (NMR)
- 97116 (Gait Training)
- 97535 (Self Cares/ADLs)
- 97750 (Phys Perf Test & Measurement)
- 97755 (Assistive Technology Assessment)
- 97760 (Orthotics Mgmt. & Training)
- 97761 (Prosthetics Mgmt.)

Big Win: UnitedHealthcare Makes Telehealth Permanent for PTs

UHC is the first of the largest insurers to make the move advocated by APTA.

- [UnitedHealthcare Publishes CPT Codes for its Permanent Telehealth Provisions](#)

JUN 2, 2021 / NEWS

- UHC is the first major insurer to keep telehealth for PTs beyond the public health emergency. Here are the codes that will be covered.
 - <https://www.apta.org/news/2021/06/02/uhc-cpt-telehealth-codes>

Check with APTA, your State Chapter, your hospital's policies AND remember each insurer can have their own rules...

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Common Pitfalls of Telehealth

- You:** Failure to Provide Education to the Patient PRIOR to the Scheduled Appt
- Your Treatment:** No Pre-Planning, Poor Camera or Screen Angles, Not Prepared
- Your Communication:** Not Being Precise, Words and Directions Matter
- Environment:** Not Enough Space, Not the Right Space, Safety, Possible Harm
- Technology:** Computer/Mobile Device Literacy & / or Poor Signal Quality

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Advocate for Your Profession

Talk	Write	Stay	Take
<p>Talk to Congress!</p> <p><small>https://www.apta.org/advocacy/how-to-get-involved-in-advocacy</small></p>	<p>Write a Letter or Complete a Template Send it in!</p> <p><small>https://www.apta.org/advocacy/how-to-write-a-letter-to-congress</small></p>	<p>Stay Up-to-Date on PT Advocacy for Telehealth!</p> <p><small>https://www.apta.org/advocacy/telehealth-advocacy</small></p>	<p>Take Advantage of Your APTA Membership Benefits!</p> <p><small>https://www.apta.org/membership/benefits</small></p>

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APTA Resources

- Podcasts for Students**
- https://content.blubrry.com/apta_podcasts/XChangeSA_0220.mp3
- Telehealth in Rehab**
- <https://www.apta.org/your-practice/practice-models-and-settings/telehealth-practice>
- Do Some APTA Internet Surfing**
- <https://www.apta.org/your-practice/practice-models-and-settings/telehealth-practice/implementing>
- Resource Folder Sent**
- MBG sent some files to review & use as additional resources

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Questions?

References

1. Outpatient Physical, Occupational, and Speech Therapy Synchronous Telemedicine: A Survey Study of Patient Satisfaction With Virtual Visits During the COVID-19 Pandemic [Am J Phys Med Rehabil. 2020 Nov; 99(11):977-981.]
2. Evaluation of Pragmatic Telehealth Physical Therapy Implementation During the COVID-19 Pandemic [Phys Ther. 2020 Oct; 101(1):1-10.]
3. Telesessment of Gait and Gait Aids: Validity and Interrater Reliability [Phys Ther. 2020 Apr; 100(4):708-717.]
4. The Role of Virtual Rehabilitation in Total and Uni-compartmental Knee Arthroplasty [J Knee Surg. 2019 Jan; 32(1):105-110.]

Thank You

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