Telehealth: Background and Technology

Serving Delaware, Kentucky, Maryland, New Jersey, North Carolina, Pennsylvania, Virginia, Washington DC and West Virginia

National Disability Forum
October 27, 2016
What Is Telehealth?

A mechanism for enhancing health care, public health, health administration and health education delivery and support, using electronic communication and information technology.
Synchronous
Asynchronous
mHealth

Text BABY to 511411
Get support throughout your pregnancy and baby's first year. You'll get free messages each week on topics like prenatal care, labor signs and symptoms, nutrition, breastfeeding, safety, baby's development, and more.

How are you feeling?
2013-1-31 15:27
Sad ➞
Anxious ➞
Angry ➞
Stressed ➞
Calm ➞
Happy ➞

Drink smarter.
Change the way you think about drinking. The world’s most accurate smartphone breathalyzer.

MyChart

87 bpm
Necessity Breeds Invention

"When written in Chinese, the word "crisis" is composed of two characters. One represents danger and the other represents opportunity."

~John F. Kennedy~
It’s A Good Fit for Rural Health
It Looked Like This

[Diagram showing a hub connected to multiple spokes]
Rural Successes

Telestroke – Time is Brain

"Telestroke networks should be deployed wherever a lack of readily available stroke expertise prevents patients in a given community from accessing a primary stroke center (or center of equivalent capability) within a reasonable distance or travel time to permit eligibility for intravenous thrombolytic therapy."\textsuperscript{21}

--ASA Recommendations for the implementation of telemedicine within stroke systems of care, 2009

- Administration of tPA at stroke centers = 10% - 20% of ischemic stroke patients
- Administration of tPA outside of stroke centers = 1% - 2% (without telestroke) and 10% - 20% (with telestroke)

UVA & Partners have increased the use of life-saving tPA from 0 to 17%
Parkinson’s Care

This program has saved patients roughly 20,000 miles of travel.
Things Changed

Challenges for Healthcare Delivery Systems
Things Changed

It Now Looks Like This
Urban Telehealth
School Telehealth

Schools address speech therapy needs with new online programs

http://republicanherald.com/news/schools-address-speech-therapy-needs-with-new-online-programs-1.1400717

VIA – UVA Telehealth Partnership
September 14, 2016 | Grants
When the UVA Telemedicine division was building a pilot program to help deliver healthcare services to communities in rural Virginia, autism needed to be on the agenda.
Culturally and Linguistically Appropriate Care
Mobile Pre-Hospital Telestroke
Remote Patient Monitoring: Real Patients/Real Outcomes

80%+ Medicare Patient Enrollment
90%+ Patient Compliance
96%+ Patient Satisfaction
40%+ Readmission Reduction

CASE STUDY – UVA

Readmission Reduction for AMI, CHF, COPD, PNA, TKA, THA, CVA, and CABG patients.

Population: ~1200 patients annually - Mix of All Payer & Medicare FFS 65+

Community Impact
Successes

- Chronic Pain
- Palliative Care
- Dementia Care
- HIV/AIDS
- Epilepsy
- Rheumatology
- Addictions
- Hepatitis C
- Diabetes
- Weight Management
- Osteoporosis
- Developmental Pediatrics
- Psychiatry
- High Risk Pregnancy
- And Many More...
Around the Bend

DEPT: INFECTIOUS DISEASE

STICK OUT YOUR TONGUE AND SEND ME THE SELFIE.
Growing Telehealth Options – On-Demand Medicine

Source: THINK-Health curated list of telehealth companies, 24 September 2015
Around the Bend
Integration of telehealth into mainstream care delivery

But The Struggle Is Real

"I want you to find a bold and innovative way to do everything exactly the same way it’s been done for 25 years!"
“Telemedicine has been a buzzword for years now, but the rural communities that could benefit most from it also have the least access to fast and reliable Internet—an obvious prerequisite.”
Rural Disparities?

Rural and urban cellphone use are equal, but rural users are much less likely to have smartphones.

87% of the global population is a mobile phone user.
FCC votes in favor of allowing Lifeline low-income subsidies for Internet plans

By Roger Fingas
Thursday, June 18, 2015, 11:46 am PT (02:46 pm ET)

The Federal Communications Commission on Thursday voted 3 to 2 in favor of extending the U.S. government's Lifeline program to offer subsidies for broadband Internet, and not just basic phone service.
FCC ruling may pave way for better cell coverage in rural America

By Spencer Chase

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WASHINGTON, Oct. 20, 2014 - A decision by the Federal Communications Commission may further efforts to bridge the gap between urban and rural America.

The FCC unanimously voted on Friday to adopt a report and order that it says will “promote deployment of the wireless infrastructure necessary to provide the public with ubiquitous, advanced wireless broadband services,” the commission said in a release.
Shaping Policy…

Not Rural, Not Eligible!

No Reimbursement!

Congress Wows With Medicare Telehealth Parity Act of 2015, But Will It Succeed?
Federation of State Medical Boards

MODEL POLICY FOR THE APPROPRIATE USE OF TELEMEDICINE TECHNOLOGIES IN THE PRACTICE OF MEDICINE

Report of the State Medical Boards’ Appropriate Regulation of Telemedicine (SMART) Workgroup
Who We Are?

TRCs are funded by the U.S. Department of Health and Human Service’s Health Resources and Services Administration (HRSA) Office for the Advancement of Telehealth, which is part of the Office of Rural Health Policy.
Who We Are?

TelehealthResourceCenters.org

2 National Resource Centers

12 Regional Resource Centers
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