Evidence has shown that older adults can benefit greatly from physical and occupational therapy delivered through telehealth. With reduced transportation needs, telehealth can improve patient access to care leading to better patient outcomes. Therapists are often not taught about the use of telehealth and are unsure how to best use this delivery model. Evidence has shown patient preference for telehealth, yet it is an underutilized approach.

This course will address common concerns about the use of telehealth for therapists. You’ll learn what to look for when selecting a platform to use for telehealth visits. Aspects such as reimbursement, billing, and documentation will be addressed.

Evidence for development of soft skills such as the patient interview and motivation for older patients will be presented. Finally, the use of telehealth for a real patient with balance deficits and dementia will be demonstrated along with the evidence to support the use of telehealth for this patient.

Learning Objectives

Upon completion, participants will be able to:

1. List 5 balance tests that can be performed with telehealth
2. Identify effective communication strategies for the older adult
3. Define the PT interstate compact
4. Discuss characteristics in selection of telehealth platform to use
5. Compare and contrast the differences between Medicare, Medicaid, and private insurance reimbursement

Handouts include:

- Otago Exercise Program
- Falls Toolkit Four Stage Balance Test
- Documentation
- Plantar flexors exercise

Course Outline – 2 contact hours

- Preparing for the visit from patient set up to documentation – 30 minutes
- Evidence based examination tools and intervention protocols – 30 minutes
- Telehealth examination and intervention of patient with dementia and balance issues – 50 minutes
- Case debrief – 10 minutes

Participant Feedback

I found it extremely valuable to see an actual visit with an older patient done remotely.