Overview - Opportunities and Obstacles in Rural Telehealth

• The problem – many more patients needing care and fewer resources to provide it.

• The proposed solution – telemedicine/telehealth.
  – Types of telehealth
    • Real time video conferencing – synchronous – like a phone call. Examples – telepsych and telestroke.
    • Store and forward – asynchronous – like a text message. Examples – teleradiology and telederm.
Mental Health - Scope of the problem.

Over 85 percent of the 1,669 federally designated mental health professional shortage areas are rural.

... there are entire rural counties with no psychiatrists, psychologists, or social workers.

... rates of depression and suicide are higher in rural areas.
Demographics
Obstacles to care – the three A’s

• Accessibility – Is there a way to talk to a mental health provider?
• Availability – When the patient needs one? – many times these are emergency cases.
• Acceptability – In a way that doesn’t stigmatize the patient in the rural community?
Opportunities for treatment - Telemental Health as a Solution

• May 2012, APA meeting - Over the 4-year study period of over 98,000 patients in mostly rural and remote clinics, VA researchers found that psychiatric inpatient admissions of TeleMentalHealth patients decreased by an average of 24.2% (annual range, 16.3% - 38.7%), and the patients' days of hospitalization decreased by an average of 26.6% (annual range, 16.5% - 43.5%).
How does it work?

• HealthLinkNow video:
  
Another Telehealth Opportunity – Telewound Care.

• Pressure ulcers affect 2.5 million Americans annually at a cost of $9 - $11 billion.

• The NIH has labeled skin and soft tissue wounds "A Major and Snowballing Risk to Public Health and the Economy"

• Only 2% of nurses have specialized wound care training.

• 11% of SNF patients at any time have a pressure ulcer.
Telewound Care using the WoundMAP – www.mobilehealthware.com
WoundMAP

Improved access to care at lower cost by:

Faster more complete bedside documentation of wounds.

Expert guided patient and wound assessment on your iPhone or iPad at the bedside.

Creation of an assessment document including graphs of wound change over time – print as a PDF.

Opportunity to consult using encrypted HIPAA compliant e-mail.
Future opportunities.

• Asynchronous, store and forward telemedicine –
  – Telemental Health
  – Wound Care
Obstacles to asynchronous telehealth.
Legislative Priorities

• Promote payment for service models designed to reduce costs while expanding access to care. Specifically Medicaid coverage for:
  – Telemental health screening and counseling.
  – Store and forward uses including medical images used for consultation and diagnosis for wound care and similar applications.
Legislative Priorities

• Encourage use of telehealth to provide coordinated care and alleviate provider shortages – work towards interstate pacts that allow telemedicine across state lines in keeping with established referral patterns.
Thank You – Any Questions?

• Please e-mail, text, or call

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