

ARIZONA
TELEMEDICINE
PROGRAM



Standards & Guidelines

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Utility Guidelines & Standards

- **Technology & data**
 - **Methods, protocols, terminologies, specifications for collection, exchange, storage, retrieval info associated with health care applications, including medical records, medications, radiological images, payment & reimbursement, medical devices & monitoring systems, administrative processes; interoperability; consistent quality**
- **HL7, DICOM, FHIR, ISO**



Practice Guidelines

- Every specialty has & many adapted to telemedicine
- American Telemedicine Association
 - Ocular Telehealth Diabetic Retinopathy
 - Videoconferencing-Based Telepresenting
 - Lexicon Assessment & Outcome Measures
 - Core Operational Guidelines
 - TeleICU
 - Telepathology
 - Live, On Demand Primary & Urgent Care
 - Teleburn
 - Telestroke
 - Telerehabilitation
 - Videoconferencing-Based Telemental Health
 - Store-Forward & Live-Interactive Teledermatology
 - Telemental Health with Children & Adolescents

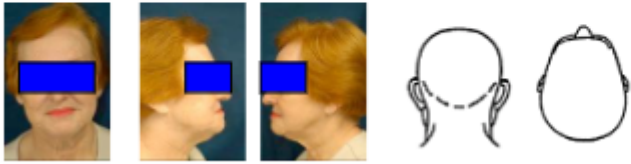


<https://www.americantelemed.org/>

Teledermatology Imaging Sets

Show entire anatomic unit (e.g. trunk) if a lesion or rash is within this unit.

Head



Trunk



Legs



Arms



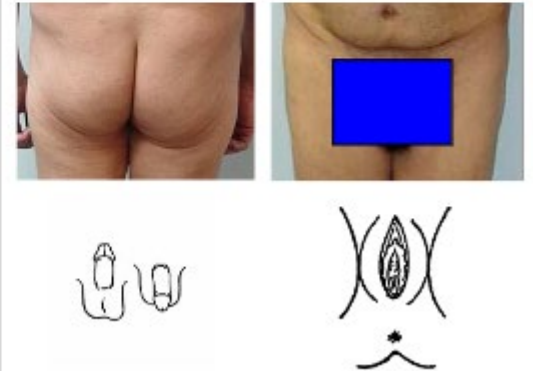
Knees / Elbows



Axilla



Genitals/ Buttocks



Hands / Fingernails



Feet / Toenails



DURING VISIT:

- Obtain History of Present Illness, Chief Complaint, Review Medications, etc.
- Check Vision
 - Options: Checking near vision by reading a newspaper/magazine with spectacle correction is quickest. Have the patient show you their reading material and then read aloud to you.

20/400



20/200



20/60



20/40



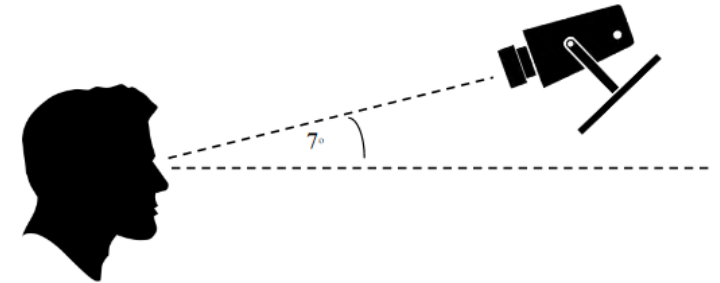
- Alternatives: Vision chart displayed on your screen or ask patient to use a printed or electronic vision chart
- Consider checking for metamorphopsia with Amsler grid (printable or electronic) if applicable

Telehealth Resources for Eye Care During COVID-19

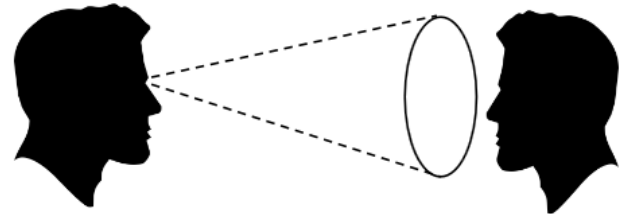
Useful Tips & Guides

- NAMSS-ATA Credentialing by Proxy Guidebook
- Human Factors Quick Guide Eye Contact
- Quick guide to Telemedicine Lighting
- ATA State Telemedicine Toolkit
- ATA Medical Board: Talking Points & FAQ
- Telehealth Resource Center Toolkits
- AMA Telehealth Quick Guide
- AMA Implementation Playbook
- Lots more!

Camera Position



Cone of Gaze



| | |
|--|---|
|  | Step 1: Vital Signs -Weight, blood pressure, pulse, oxygen saturation, temperature |
|  | Step 2: Skin assessment -New bruises, rash, swelling |
|  | Step 3: Head, Eyes, Ears, Nose, and Throat -Assess vision, hearing, sense of smell; observe throat, swallowing |
|  | Step 4: Neck -Assess pain with rotation, jugular venous distension, Corrigan's pulse |
|  | Step 5: Lungs -Deeply inhale and hold; observe wheezing and tachypnea |
|  | Step 6: Heart -Assess pulse; incorporate data from wearables |
|  | Step 7: Abdomen -Assess if abdomen is firm, tender, or distended |
|  | Step 8: Extremities -Press thumb into pre-tibial area and assess edema; perceived temperature |
|  | Step 9: Neurological -Speech, gait, Romberg, stand from seated position |
|  | Step 10: Social Determinants of Health -Diet, physical activity, sleep, stress, housing, transportation, safety, mood |

Figure Ten-step checklist for a patient-assisted physical examination.

Telemedicine in the Era of COVID-19

The Virtual Orthopaedic Examination

Optimizing your telemedicine visit during the COVID-19 pandemic: Practice guidelines for patients with head and neck cancer

How to Conduct an Outpatient Telemedicine Rehabilitation or Prehabilitation Visit

The Virtual Spine Examination: Telemedicine in the Era of COVID-19 and Beyond

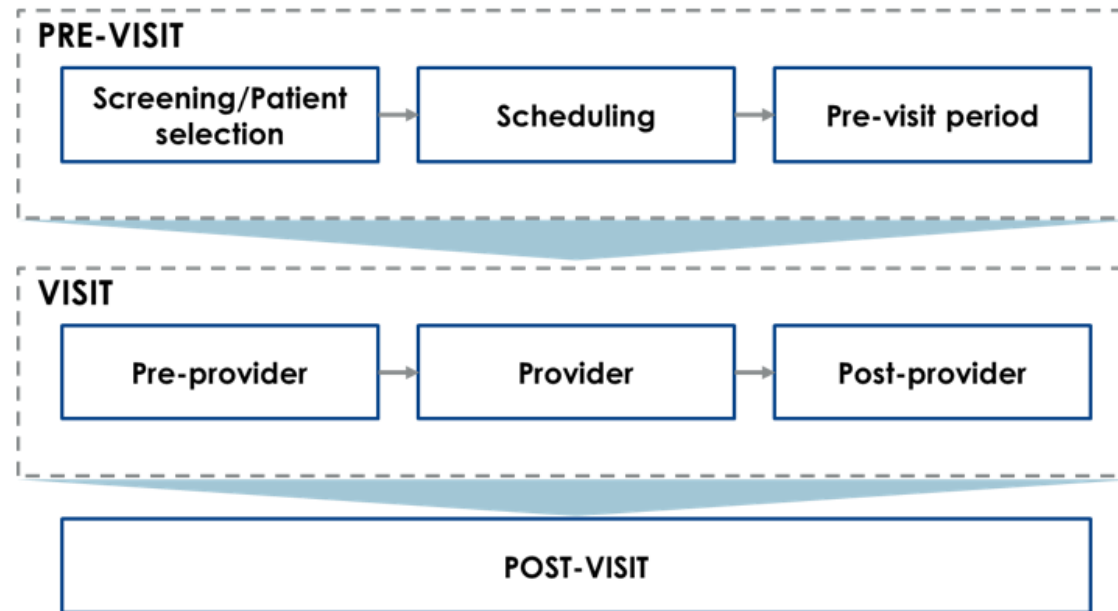
The Telemedicine Musculoskeletal Examination

Clinical Examination Component of Telemedicine, Telehealth, mHealth, and Connected Health Medical Practices

The Telehealth Ten: A Guide for a Patient-Assisted Virtual Physical Examination. Benzinger et al. Am J Med 2021; 134: 48-51.

SOPs & Workflow

- Plot out current vs telemed visits from start to finish – who, what, where, why & when
- Talk with others in similar settings/practices
- Consult with professional society, go to annual meeting



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