

# TELEHEALTH & OCCUPATIONAL THERAPY

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DR. MARY SCHMITZ, OTD, OT/L

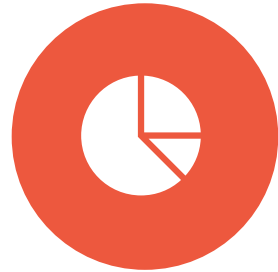
FOUNDING CHAIR OF THE ARIZONA  
TELEHEALTH SPECIAL INTEREST SECTION

NOVEMBER 6, 2023

ARIZONA TELEMEDICINE PROGRAM

# OBJECTIVES

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UNDERSTAND THE BREADTH  
OF POPULATIONS, DIAGNOSES, &  
SERVICES  
THAT CAN BE DELIVERED BY  
OCCUPATIONAL THERAPY  
PRACTITIONERS  
VIA TELEHEALTH



BECOME AWARE OF  
VARIABLE APPROACHES  
TO PROVIDING CLIENT  
CENTERED TREATMENT  
VIA  
OCCUPATIONAL  
THERAPY

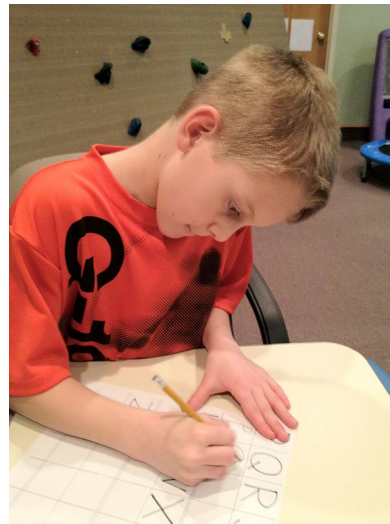


RECOGNIZE NOT ONLY  
CURRENT RESEARCH, BUT  
AREAS WARRANTING  
FURTHER RECOGNITION  
SUPPORTING THE  
EFFECTIVENESS OF  
OCCUPATIONAL THERAPY  
INTERVENTIONS VIA  
TELEHEALTH

# DEFINITION: O.T.

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- ❑ Routines, habits, roles
- ❑ Needs, wants
- ❑ Meaningful
- ❑ Adaptive
- ❑ Context specific





# WHO CAN BENEFIT?



Youth/Children

Adults

Individuals

Families

Populations



Developmental

Behavioral Health

Physical Rehab

Environmental

Health & Wellness

Educational-Training





# APPLICATIONS

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# RESEARCH

- ❑ EVIDENCE BASED
- ❑ OUTCOME DRIVEN
- ❑ CLIENT CENTERED

## Effectiveness School-Based

- ❑ Virtual services to charter schools
- ❑ Focused upon fine motor/visual motor
- ❑ Occupation of handwriting
- ❑ Kinesthetic activities
- ❑ Learning coach
- ❑ Positive outcomes & satisfaction

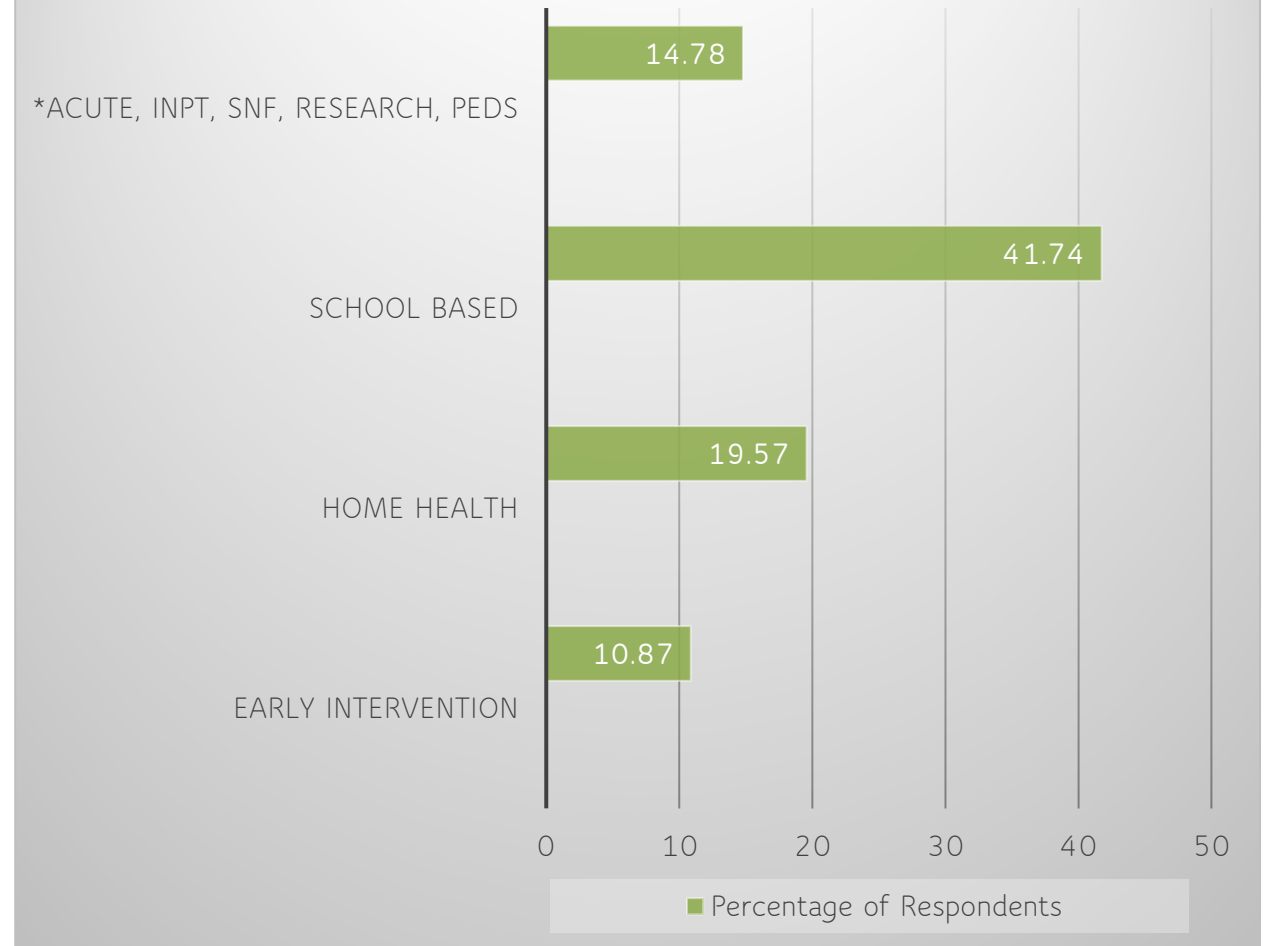


[View of School-based Telerehabilitation In Occupational Therapy: Using Telerehabilitation Technologies to Promote Improvements in Student Performance \(pitt.edu\)](#)

# RESEARCH

- EVIDENCE BASED
- OUTCOME DRIVEN
- CLIENT CENTERED

## Percentages of OTPs & Work Settings

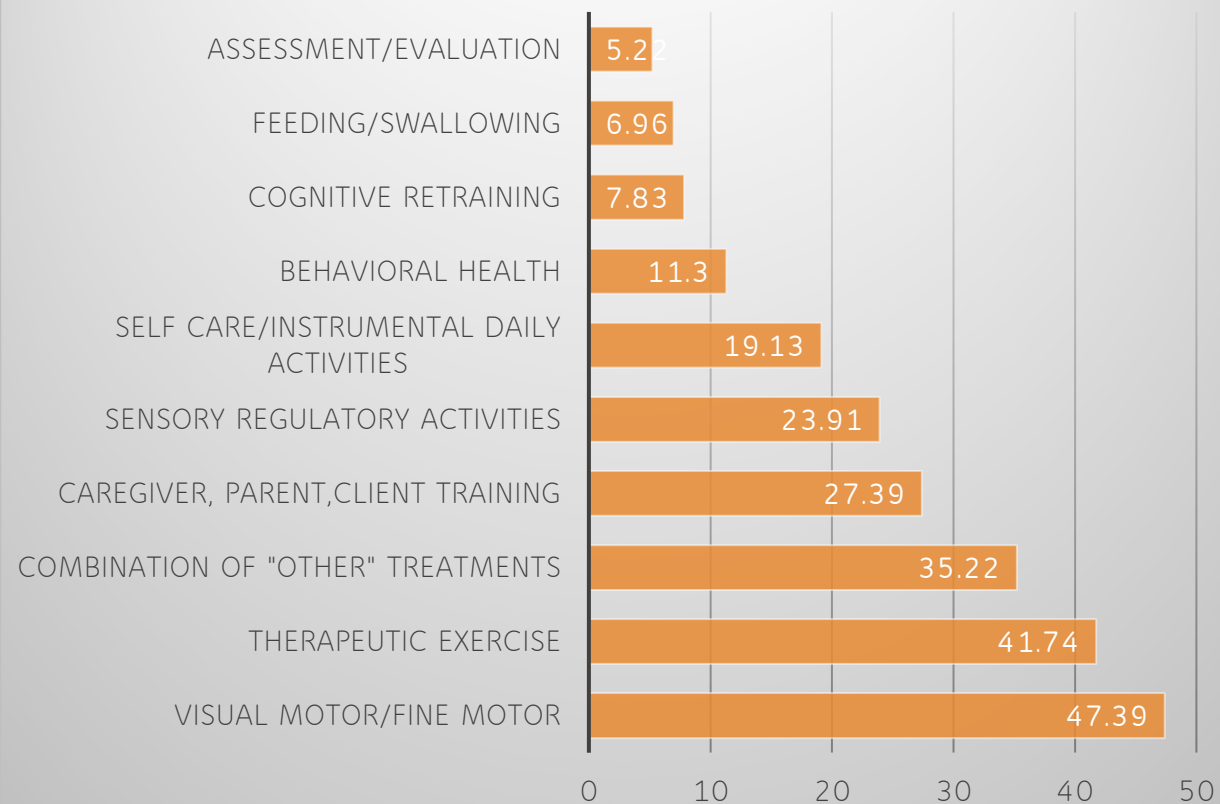


[View of Telehealth for the Provision of Occupational Therapy: Reflections on Experiences During the COVID-19 Pandemic \(pitt.edu\)](#)

# RESEARCH

- EVIDENCE BASED
- OUTCOME DRIVEN
- CLIENT CENTERED

## Percentages of Intervention Effectiveness



[View of Telehealth for the Provision of Occupational Therapy: Reflections on Experiences During the COVID-19 Pandemic \(pitt.edu\)](#)



# RESEARCH

- EVIDENCE BASED
- OUTCOME DRIVEN
- CLIENT CENTERED

## Hip Fracture & Fear of Falling

- Virtual hybrid model
- Mobility outcome measure scores
- Engagement in meaningful activities
- Mood/psychosocial concerns: Fear & Quality of Life
- Movement sensors



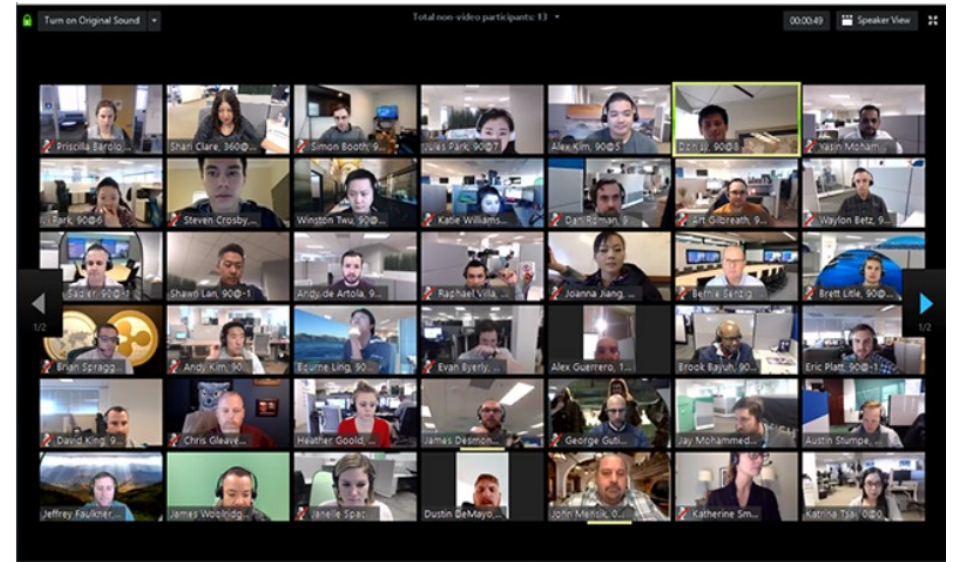
[Effectiveness of sensor monitoring in an occupational therapy rehabilitation program for older individuals after hip fracture, the SO-HIP trial: study protocol of a three-arm stepped wedge cluster randomized trial | BMC Health Services Research | Full Text \(biomedcentral.com\)](#)

# RESEARCH

- ❑ EVIDENCE BASED
- ❑ OUTCOME DRIVEN
- ❑ CLIENT CENTERED

## Parent Wellness Program

- ❑ Virtual social support & health promoting education
- ❑ Grounded in the 8 Dimensions of Wellness & the PERMA Model of Wellbeing



# RESEARCH

- ❑ EVIDENCE BASED
- ❑ OUTCOME DRIVEN
- ❑ CLIENT CENTERED

## Family-Centered Intervention

- ❑ Virtual support facilitating a collaborative relationship of caregivers with therapist
- ❑ Means to build caregiver confidence
- ❑ Met the needs of families as compatible with their daily life
- ❑ Problem solving immediately applicable in the home

[Parent Perspectives of an Occupational Therapy Telehealth Intervention](#)

[Occupational Disruption: The influence of the COVID-19 Pandemic...](#)

# RESEARCH

- ❑ EVIDENCE BASED
- ❑ OUTCOME DRIVEN
- ❑ CLIENT CENTERED

## RISE (Re-invent, Integrate, Strengthen, Expand)

- ❑ Virtual 1:1 health-self management
- ❑ Educates & empowers
- ❑ Behavioral strategies
- ❑ Healthy habits & routines
- ❑ Function in valued activities



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# RESEARCH

- ❑ EVIDENCE BASED
- ❑ OUTCOME DRIVEN
- ❑ CLIENT CENTERED

## Bone Marrow Transplant

- ❑ Virtual interactions for closed inpt unit
- ❑ Prevent deconditioning: Mobility outcome measure scores
- ❑ Engagement in meaningful activities
- ❑ Mood/psychosocial concerns
- ❑ OT/PT Joint programming with nursing



# RESEARCH

- ❑ EVIDENCE BASED
- ❑ OUTCOME DRIVEN
- ❑ CLIENT CENTERED

## Bone Marrow Transplant

- ❑ Effective for immunocompromised population during prolonged hospitalization
- ❑ Motivational Interviewing

### The Johns Hopkins Highest Level of Mobility Scale (JH-HLM)

		Score
WALK	250+ FEET	8
	25+ FEET	7
	10+ STEPS	6
STAND	1 MINUTE	5
CHAIR	TRANSFER	4
BED	SIT AT EDGE	3
	TURN SELF / BED ACTIVITY	2
	LYING	1

Report of what the patient ACTUALLY DID (Observation)

**AM-PAC Medicare Outpatient Basic Mobility Form**  
 Boston University AM-PAC™ Medicare Outpatient Basic Mobility Short Form (DOTPA)  
 Please check the box that reflects your (the patient's) best answer to each question.

**How much DIFFICULTY do you currently have... (If you have not done an activity recently, how much difficulty do you think you would have if you tried?)**

	Unable	A Lot	A Little	None
1. Moving from sitting at the side of the bed to lying down on your back?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Moving up in bed (e.g., reposition self)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Standing for at least one minute?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Sitting down in an armless straight chair (e.g., dining room chair)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Standing up from an armless straight chair (e.g., dining room chair)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Getting into an out of a car/taxi (sedan)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Walking around on one floor, taking into consideration thresholds, doors, furniture, and a variety of floor coverings?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Going up and down a flight of stairs inside, using a handrail?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Bending over from a standing position to pick up a piece of clothing from the floor without holding onto anything?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Walking several blocks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Walking up and down steep unpaved inclines (e.g., steep gravel driveway)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Carrying something in both arms while climbing a flight of stairs (e.g., laundry basket)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**How much HELP from another person do you currently need... (If you have not done an activity recently, how much help do you think you would need if you tried?)**

	Unable	A Lot	A Little	None
13. Moving to and from a bed to a chair (including a wheelchair)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Do you also use a wheelchair to get around?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Without help from another person, when you are using your wheelchair, how much DIFFICULTY do you currently have... (If you have not done an activity recently, how much difficulty do you think you would have if you tried?)**

	Unable	A Lot	A Little	None
15. Moving around within one room, including making turns in a wheelchair?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Opening a door away from a wheelchair?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Opening a door toward a wheelchair?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Transferring between a wheelchair and other seating surfaces, such as a chair or bed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Propelling/driving a wheelchair several blocks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Raw Score: \_\_\_\_\_ CMS 0-100% Score: \_\_\_\_\_  
 Standardized Score: \_\_\_\_\_ CMS Modifier: \_\_\_\_\_

# RESEARCH

- ❑ EVIDENCE BASED
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## Home Health Care

- ❑ Cost Containment
- ❑ Chronic Conditions
- ❑ Functional Status
- ❑ Hybrid model



Telehealth and Home Health Occupational Therapy: Clients' Perceived Satisfaction With and Perception of Occupational Performance

# RESEARCH

- EVIDENCE BASED
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- CLIENT CENTERED

## Home Modifications

- Virtual evaluation of the home environment, follow up training
- Improves perception of & actual safe performance in self care, mobility
- Feasible to implement home modifications with the assistance of an e-helper synchronously or asynchronously
- Utilizes smartphone, PC/computer, &/or tablet

[Feasibility and Effectiveness of Telehealth Occupational Therapy Home Modification Interventions - PMC \(nih.gov\)](#)





# DISSEMINATION OF INFORMATION

- ❑ EVIDENCE BASED
- ❑ EQUITABLE SERVICE
- ❑ GLOBAL MENTOR

- ❑ Online, international mentorship program
- ❑ Created in 2019 by Dr. Kate Barlow, OTD, OTR/L
- ❑ Provides clinical education across the globe by subject matter experts
- ❑ Evidence supports that program increases the competence of OTPs in low-middle income countries
- ❑ 44 online sessions with over 150 different mentees from over 28 countries



# DIRECTIONS: WHERE WE ARE, WHAT'S AHEAD...

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- Reimbursement vs Direct Pay
- OT Compact
- Telehealth Legislation
  - Expanded Telehealth Access Act (HR2168/S3193)
  - Telehealth Modernization Act
  - HB 2454
  - CONNECT 2.0

*a new direction...*



Questions?



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