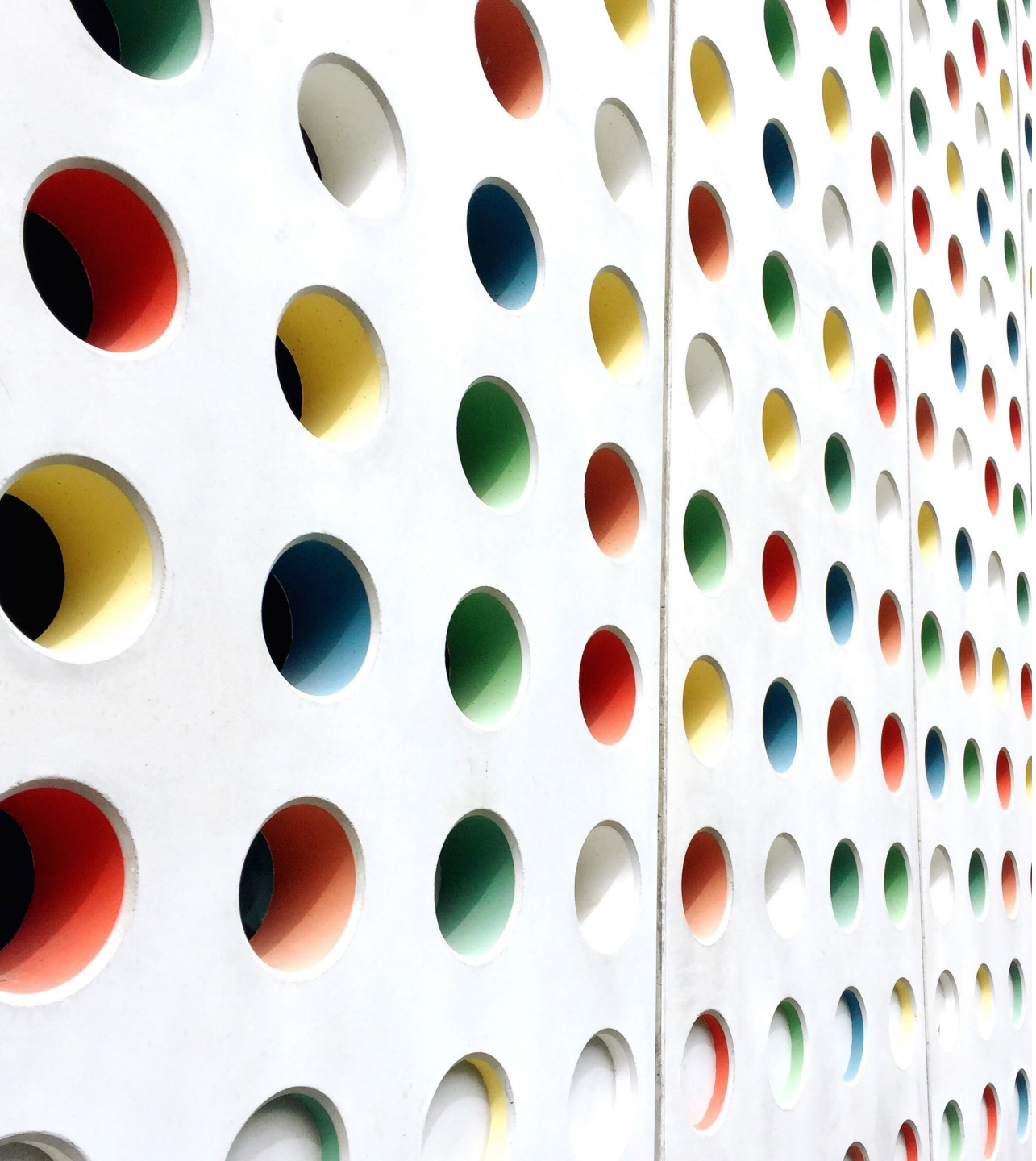


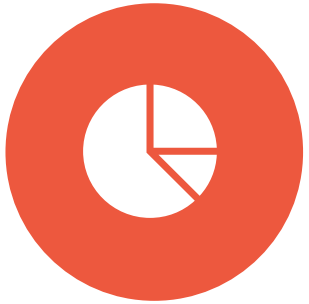
TELEHEALTH & OCCUPATIONAL THERAPY

DR. MARY SCHMITZ, OTD, OT/L

FOUNDING CHAIR OF THE ARIZOTA TELEHEALTH SPECIAL INTEREST SECTION

MARCH 28, 2022 ARIZONA TELEMEDICINE PROGRAM

OBJECTIVES



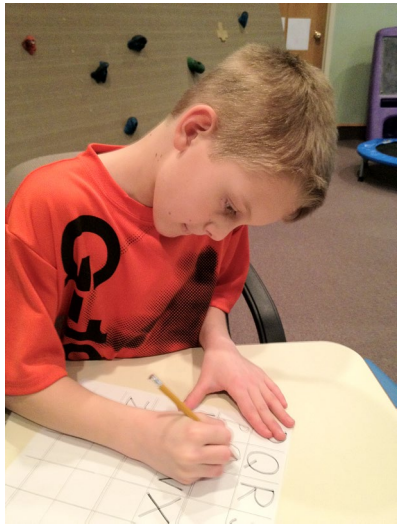
UNDERSTAND BREADTH OF POPULATIONS & DIAGNOSES THAT CAN BENEFIT FROM OCCUPATIONAL THERAPY VIA TELEHEALTH

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

RECOGNIZE RESEARCH SUPPORTING EFFECTIVENESS OF OCCUPATIONAL THERAPY VIA TELEHEALTH

DEFINITION: O.T.

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



WHO CAN BENEFIT?

- Youth/Children
- Adults
- Individuals
- Populations

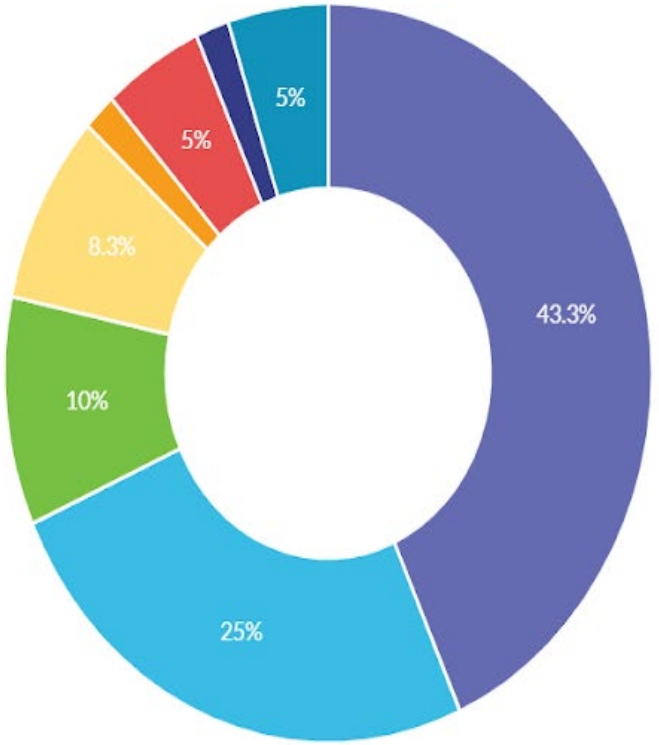
- Development
- Mental Health
- Physical Rehab
- Environment

RESEARCH

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

Practice Area(s) (May mark >1):

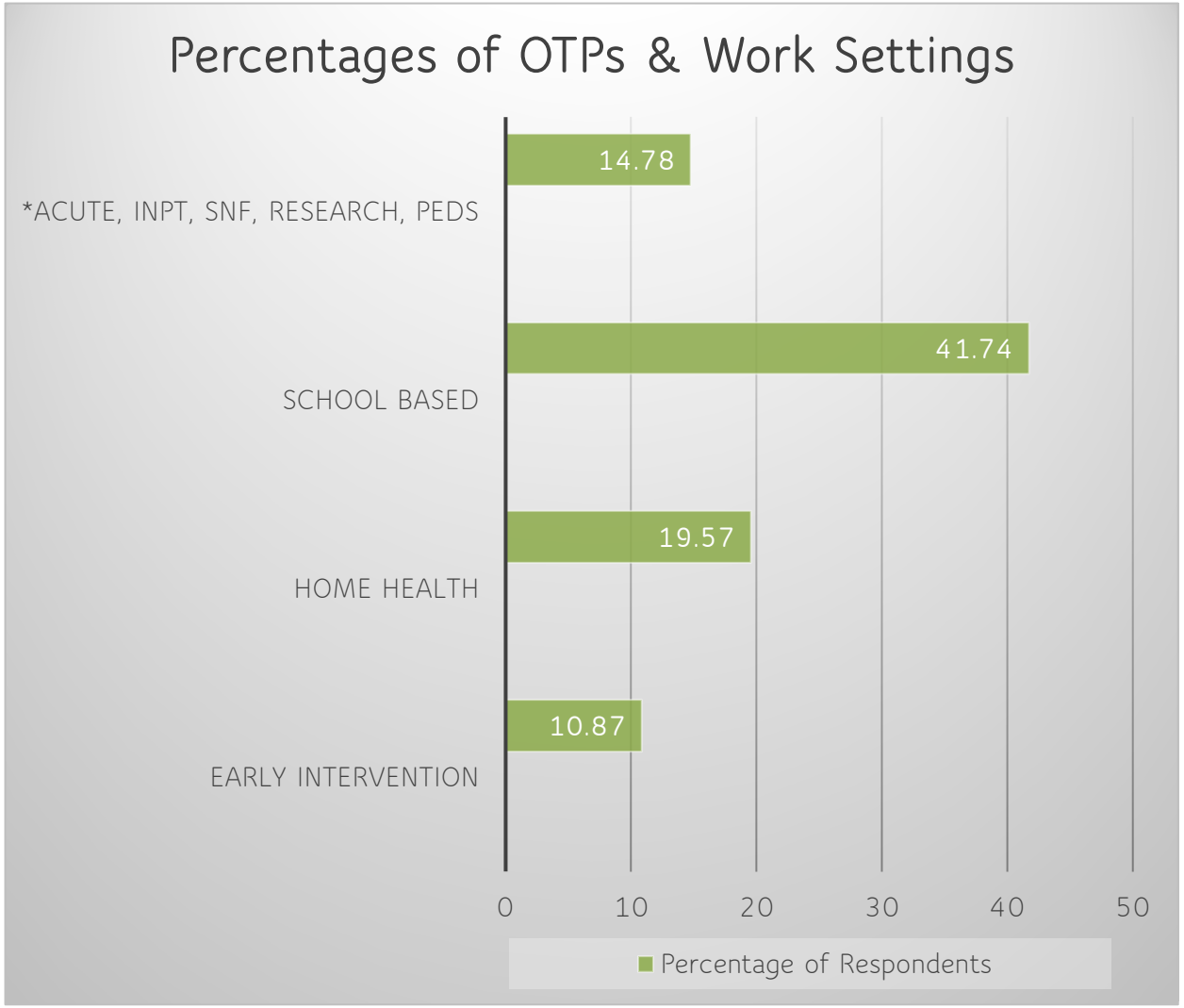
Multiple Choice



Choice	Total
Children & Youth	26
Adults	15
Health & Wellness	6
Productive Aging/Older Adults	5
Work & Industry	1
Academia	3
IDD (Please, specify Adults or Children & Youth))	1
Other	3

RESEARCH

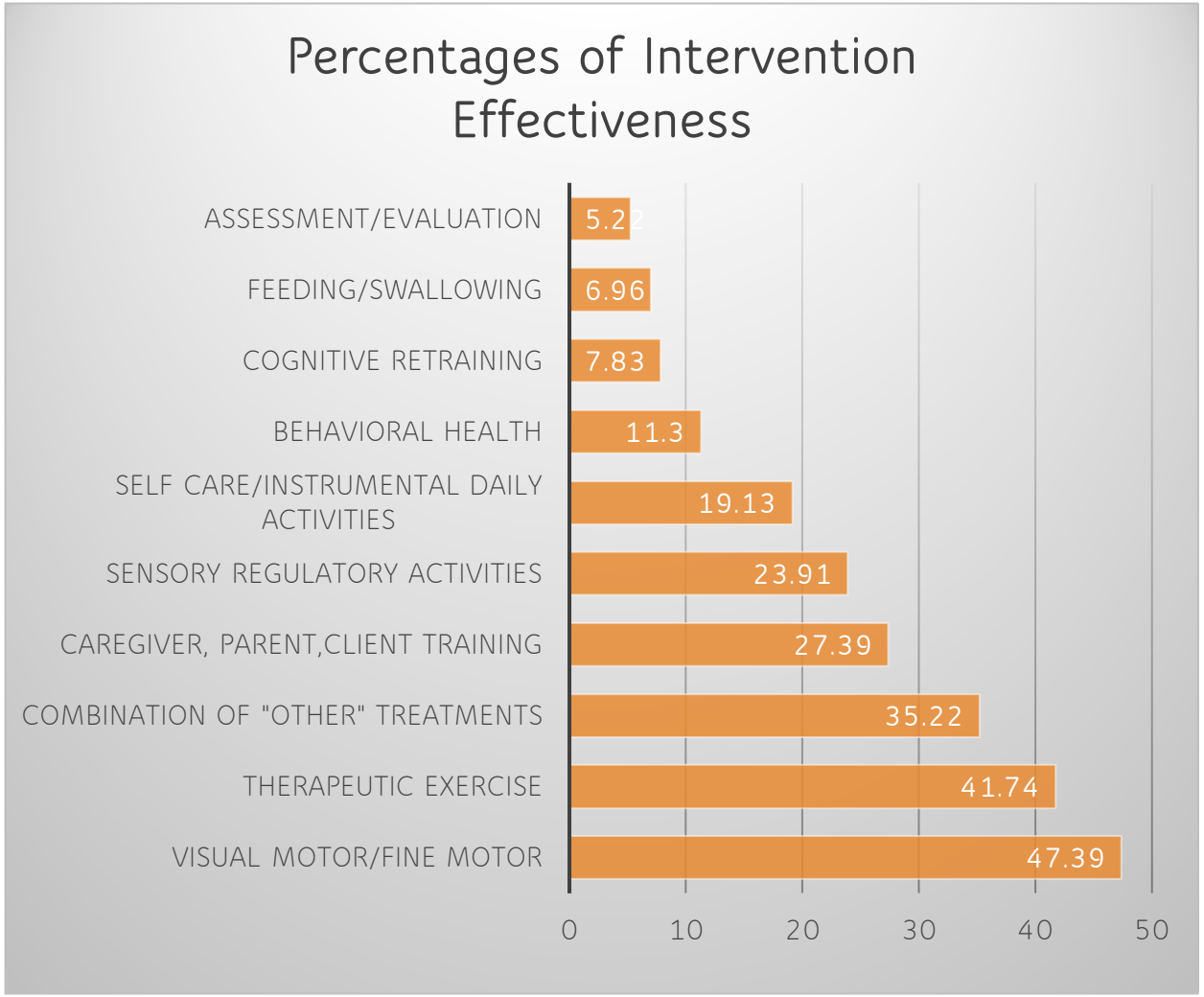
- EVIDENCE BASED
- OUTCOME DRIVEN
- CLIENT CENTERED



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



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

APPLICATIONS

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

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)

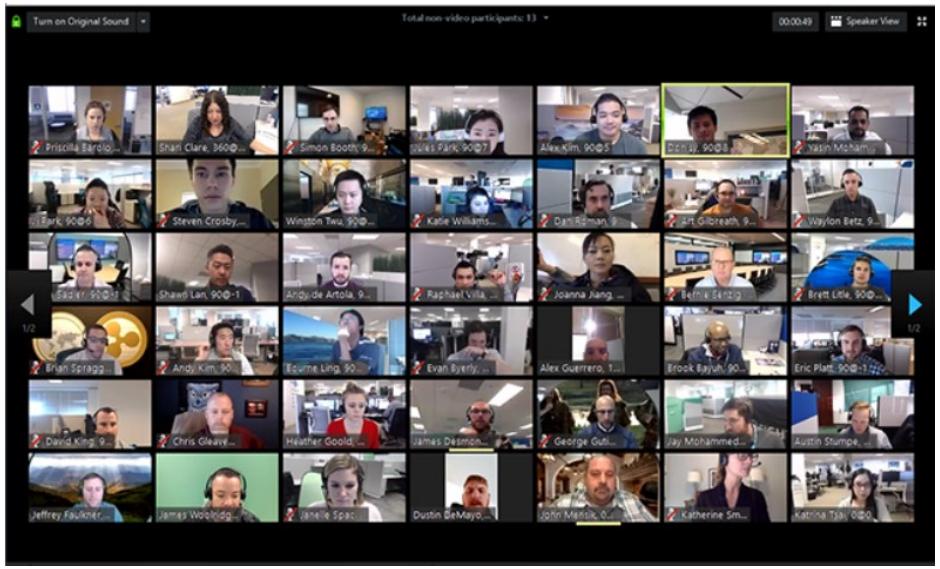
- Stanford Balance Programming Bingocize

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

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

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

RESEARCH

- EVIDENCE BASED
- OUTCOME DRIVEN
- CLIENT CENTERED

Bone Marrow Transplant

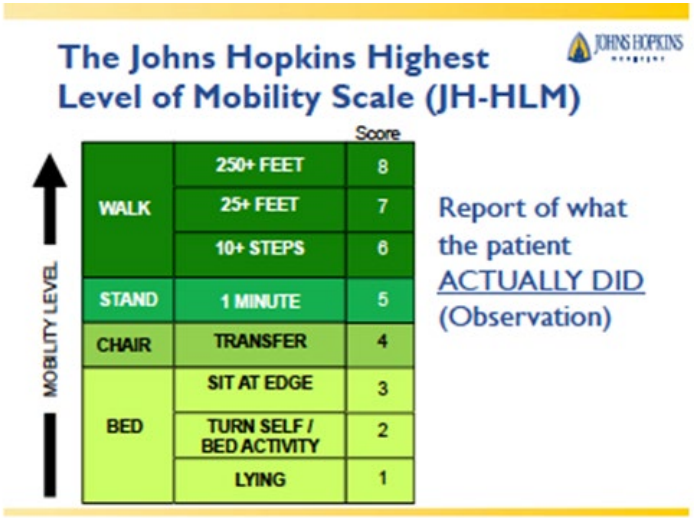
- Virtual interactions for closed inpt unit
- Prevent deconditioning: Mobility outcome measure scores
- Engagement in meaningful activities
- Mood/psychosocial concerns
- OT/PT Joint programming with nursing

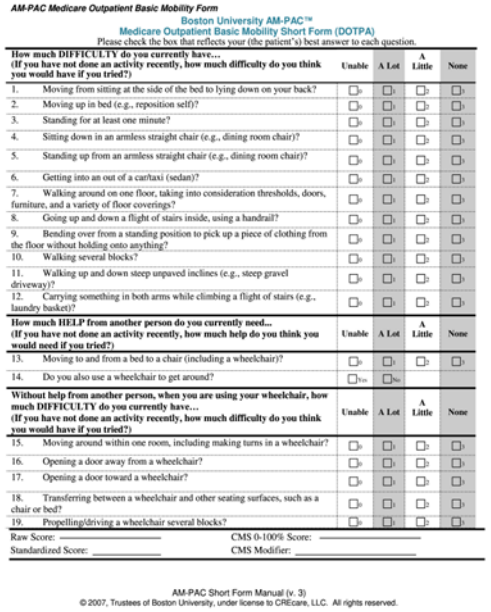
RESEARCH

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

Bone Marrow Transplant

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





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?	☐1	☐2	☐3	☐4
2. Moving up in bed (e.g., reposition self)?	☐1	☐2	☐3	☐4
3. Standing for at least one minute?	☐1	☐2	☐3	☐4
4. Sitting down in an armless straight chair (e.g., dining room chair)?	☐1	☐2	☐3	☐4
5. Standing up from an armless straight chair (e.g., dining room chair)?	☐1	☐2	☐3	☐4
6. Getting into an out of a car/taxi (sedan)?	☐1	☐2	☐3	☐4
7. Walking around on one floor, taking into consideration thresholds, doors, furniture, and a variety of floor coverings?	☐1	☐2	☐3	☐4
8. Going up and down a flight of stairs inside, using a handrail?	☐1	☐2	☐3	☐4
9. Bending over from a standing position to pick up a piece of clothing from the floor without holding onto anything?	☐1	☐2	☐3	☐4
10. Walking several blocks?	☐1	☐2	☐3	☐4
11. Walking up and down steep unpaved inclines (e.g., steep gravel driveway)?	☐1	☐2	☐3	☐4
12. Carrying something in both arms while climbing a flight of stairs (e.g., laundry basket)?	☐1	☐2	☐3	☐4
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)?	☐1	☐2	☐3	☐4
14. Do you also use a wheelchair to get around?	☐Yes	☐No		
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?	☐1	☐2	☐3	☐4
16. Opening a door away from a wheelchair?	☐1	☐2	☐3	☐4
17. Opening a door toward a wheelchair?	☐1	☐2	☐3	☐4
18. Transferring between a wheelchair and other seating surfaces, such as a chair or bed?	☐1	☐2	☐3	☐4
19. Propelling/driving a wheelchair several blocks?	☐1	☐2	☐3	☐4

Raw Score: _____ CMS 0-100% Score: _____

Standardized Score: _____ CMS Modifier: _____

AM-PAC Short Form Manual (v. 3)

RESEARCH

- EVIDENCE BASED
- OUTCOME DRIVEN
- CLIENT CENTERED

Home Health Care

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

http://telerehab.pitt.edu/ojs/index.php/Telerehab/article/view/6327

DIRECTIONS

- ❑ Reimbursement vs Direct Pay
- ❑ OT Compact
- ❑ Standardized vs Modified for Virtual
- ❑ Individualized vs Cookie Cutter for everyone
- ❑ Ongoing applications expanding practice
- ❑ Questions & Comments…

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