

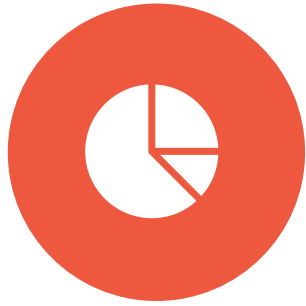
TELEHEALTH & OCCUPATIONAL THERAPY

DR. MARY SCHMITZ, OTD, OT/L

FOUNDING CHAIR OF THE ARIZONA
TELEHEALTH SPECIAL INTEREST SECTION

NOVEMBER 7, 2022 ARIZONA
TELEMEDICINE PROGRAM

OBJECTIVES



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



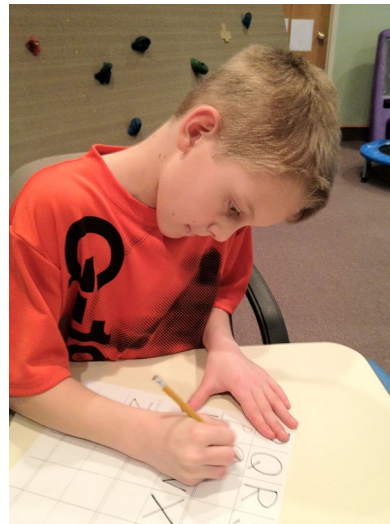
BECOME AWARE OF
VARIABLE APPROACHES TO
PROVIDING CLIENT
CENTERED TREATMENT
VIA
OCCUPATIONAL THERAPY



RECOGNIZE RESEARCH
SUPPORTING
EFFECTIVENESS OF
OCCUPATIONAL THERAPY
VIA TELEHEALTH

DEFINITION: O.T.

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



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WHO CAN BENEFIT?



☐ Youth/Children

☐ Adults

☐ Individuals

☐ Families

☐ Populations



☐ Development

☐ Mental Health

☐ Physical Rehab

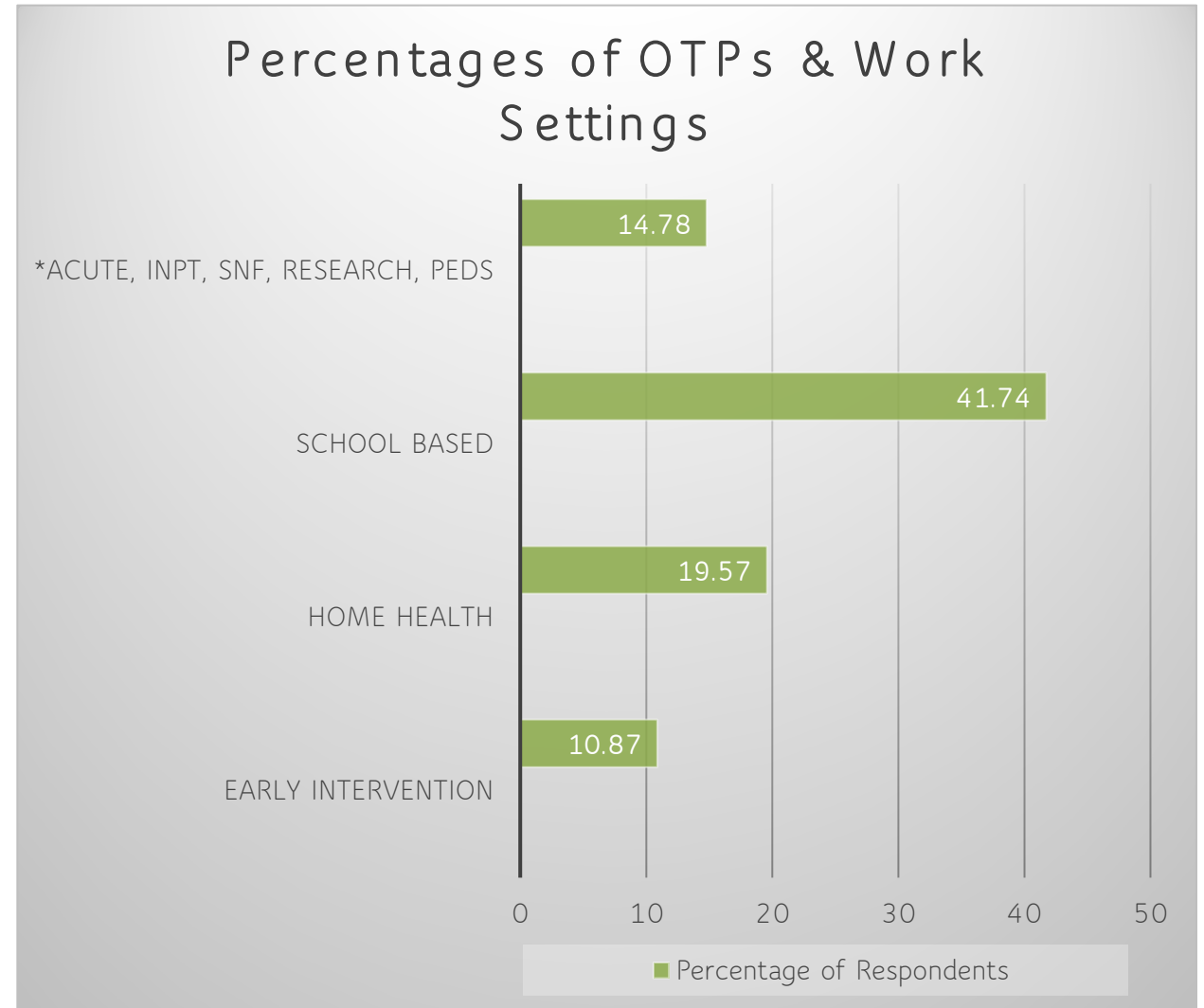
☐ Environment

☐ Education/Training



RESEARCH

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

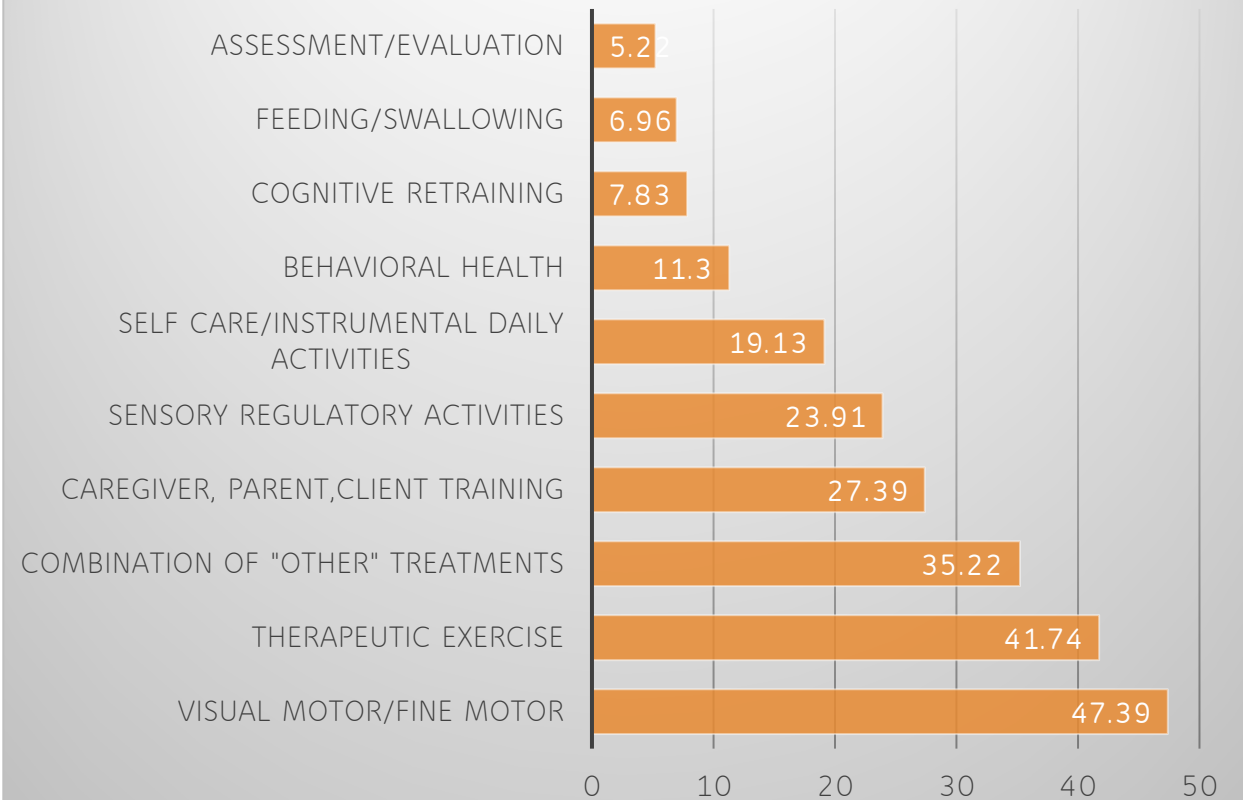


[View of Telehealth for the Provision of Occupational Therapy: Reflections on Experiences During the COVID-19 Pandemic \(pitt.edu\)](#)

RESEARCH

- ❑ EVIDENCE BASED
- ❑ OUTCOME DRIVEN
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Percentages of Intervention Effectiveness



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

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 \(pitt.edu\)](http://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



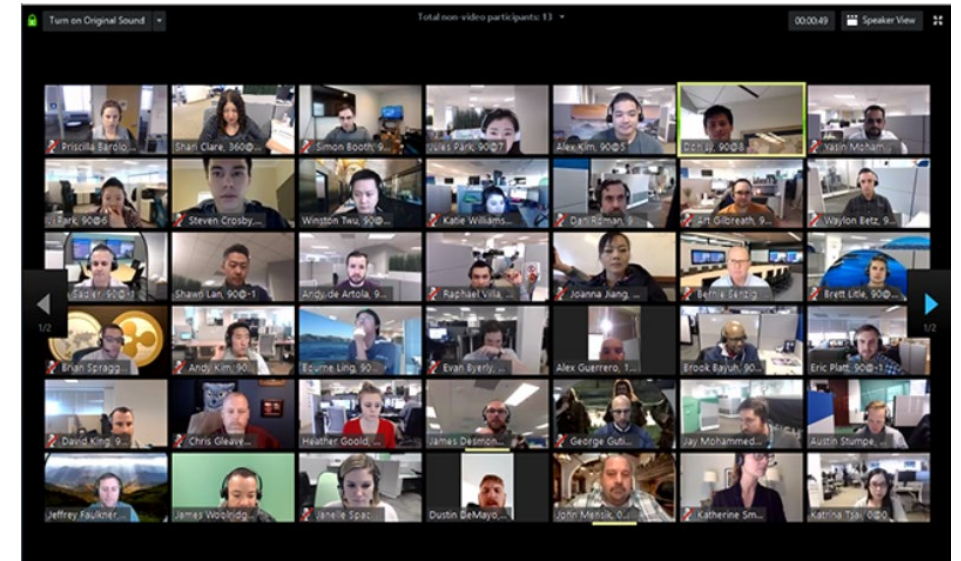
[Effectiveness of sensor monitoring in an occupational therapy rehabilitation program for older individuals after hip fracture, the SO-HIP trial: study protocol of a three-arm stepped wedge cluster randomized trial | BMC Health Services Research | Full Text \(biomedcentral.com\)](#)

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

<https://telerehab.pitt.edu/ojs/Telerehab/article/view/6274>

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

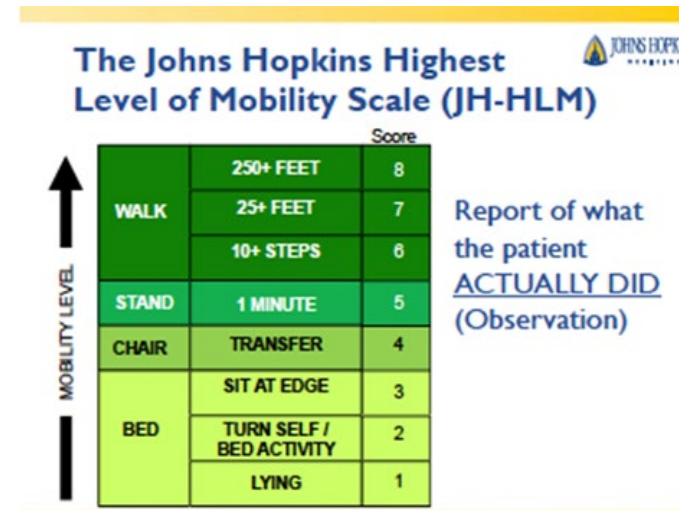


RESEARCH

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

Bone Marrow Transplant

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



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
- ❑ OUTCOME DRIVEN
- ❑ CLIENT CENTERED

Home Health Care

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



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<http://telerehab.pitt.edu/ojs/index.php/Telerehab/article/view/63>
27

DIRECTIONS

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

a new direction...



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