The Teaching & Mentoring Academy Presents Best Practices in Telehealth

Moderated by Erika Schillinger, MD

Clinical Professor, Medicine—Primary Care and Population Health



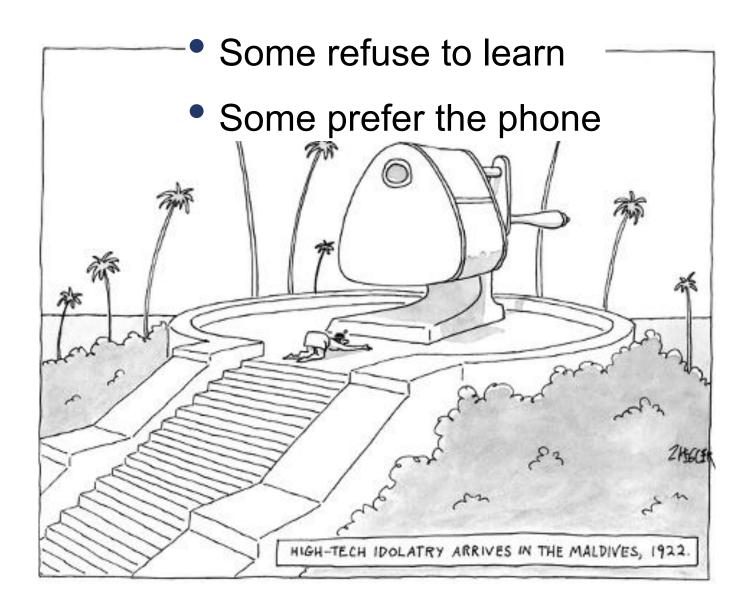
Patient issues in telehealth

Gilbert Chu
Professor of Medicine (Oncology)

- 1. Technology
- 2. COVID-19
- 3. Language

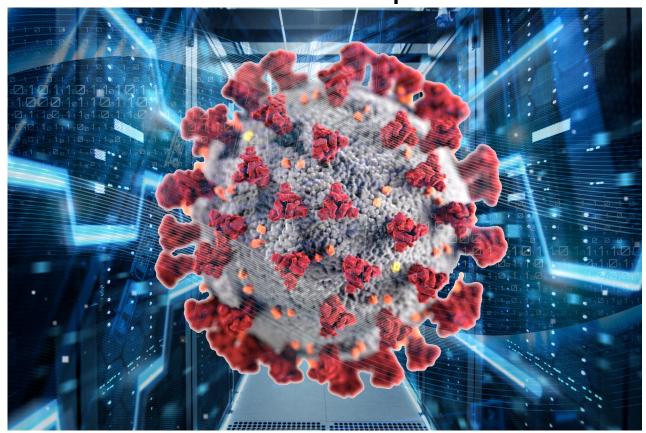
Technology fails for some patients

Some don't know how



COVID-19 fears overwhelm some patients

- Some avoid cancer Rx
- Some abandon self-care
- Some refuse hospice



Language barriers loom large

- Create a Zoom link & schedule an interpreter
- Patients may lack resources & education
- Cultural differences may tax our flexibility



Like coronavirus, telehealth amplifies socio-economic disparity

Humanism in Telemedicine: Strategies to foster meaningful connection during virtual visits

Donna Zulman, MD, MS

Assistant Professor, Division of Primary Care and Population Health, Stanford University School of Medicine

Investigator, Center for Innovation to Implementation, VA Palo Alto Health Care System





Presence 5

Objective. Develop a simple, scalable, evidence-based intervention that fosters physician humanism and patient connection.

Zulman DM & Verghese A, et al. JAMA, January 2020



Prepare with intention

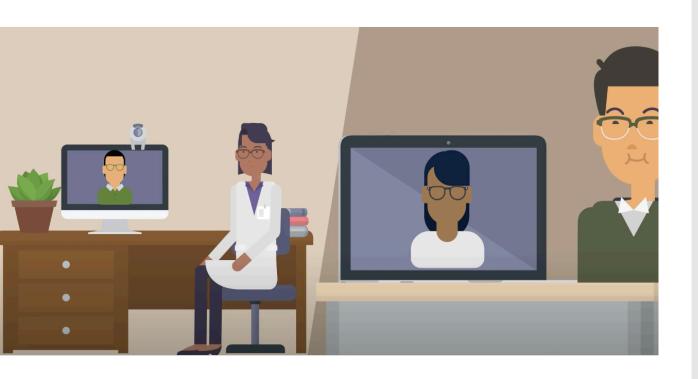
- Stand up and take a deep breath between visits
- Perform a brief chart review, emphasizing key elements of the social history
- Minimize distractions to focus on the person you are about to see



https://www.youtube.com/watch?v=DbLjEsD1XOI







Listen intently and completely

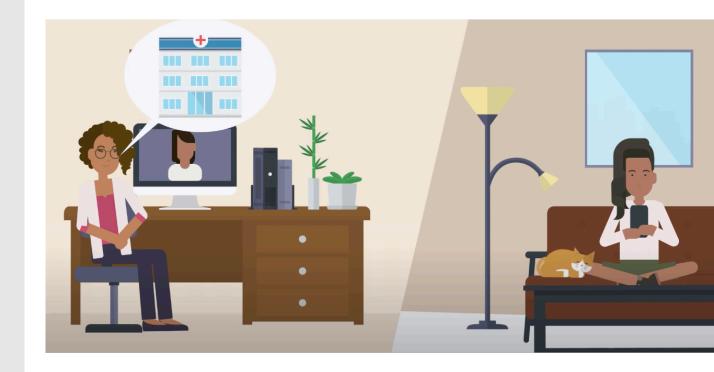
- Sit up, lean forward, stay in the frame, and look directly at the camera to maintain eye contact
- Nod and use facial expressions to communicate that you are listening
- Pause before responding to account for lag time and prevent interruptions





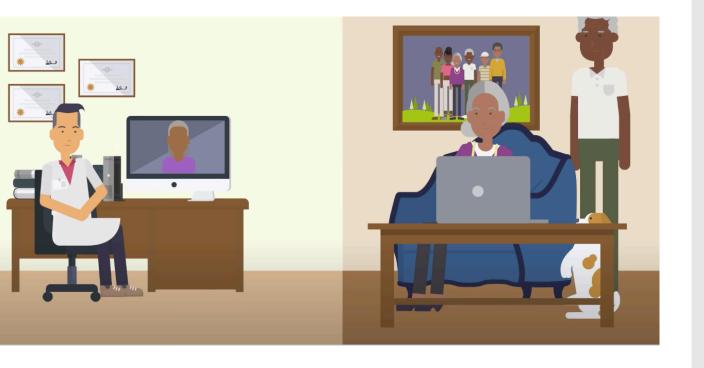
Agree on what matters most

- Ask about your patient's priorities and expectations, and share your own goals for the visit
- Use open-ended questions and utilize teach-back to assess understanding
- Reassure your patient that you are there for them, despite the virtual nature of the interaction









Connect with the patient's story

- Invite your patient to comment on their visible personal items such as pets, photos, or furnishings
- Ask individuals who are present to introduce themselves to learn about the patient's social support
- If appropriate, inquire about the patient's home environment and safety





Explore emotional cues

- Tune into patient emotions evident through body language and tone or volume of speech
- Ask the patient how they are feeling about their health concerns and other stressors
- Name and validate observed emotions







Thank you

Presence 5 Team

Abraham Verghese, Sonoo Thadaney, Marie Haverfield, Cati Brown-Johnson, Jonathan Shaw, Nadia Safaeinili, Rachel Schwartz, Dani Zionts, Meredith Fischer, Aaron Tierney, Juliana Baratta, Megha Shankar

Students and Interns

Mariko Kanda Kelly, Ted Andrew Miclau, Gisselle De Leon, and Raquel Garcia

The Stanford Presence 5 project is supported by the Gordon & Betty Moore Foundation (#6382)





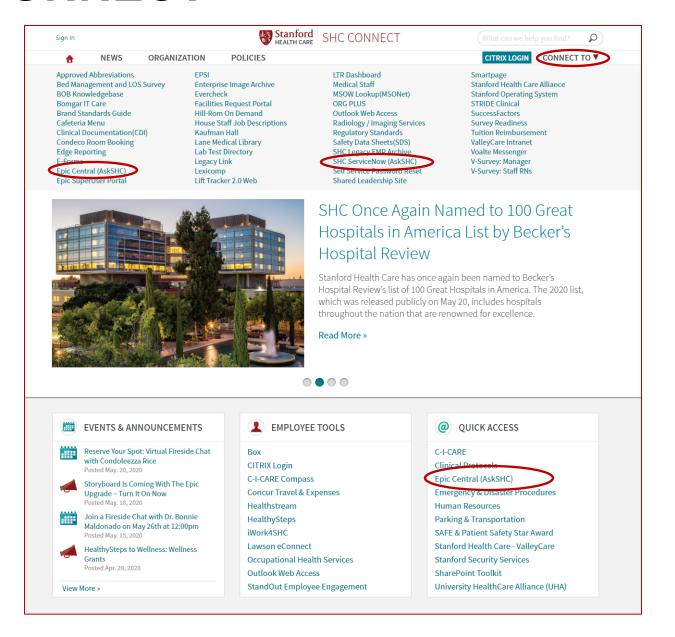


Patricia Garcia, MD Medical Informatics Director, Ambulatory Specialties Director, GI Motility Laboratory Stanford University pgarcia9@stanford.edu

Telehealth Resources: Physical Exam and Billing

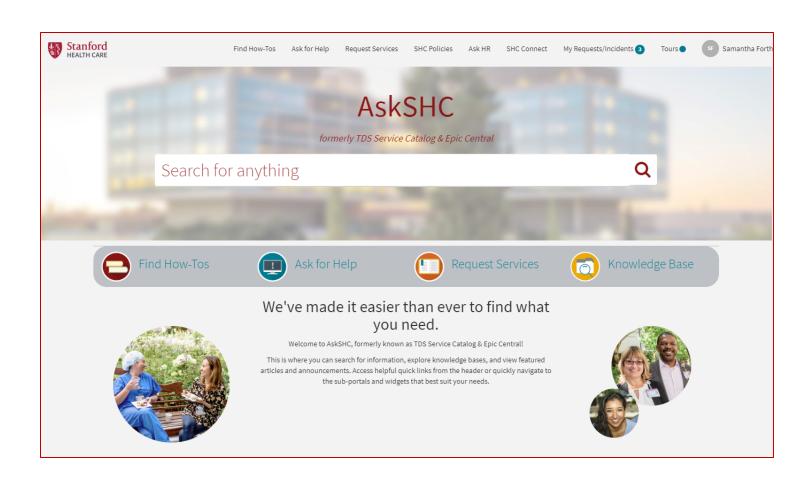
SHC CONNECT





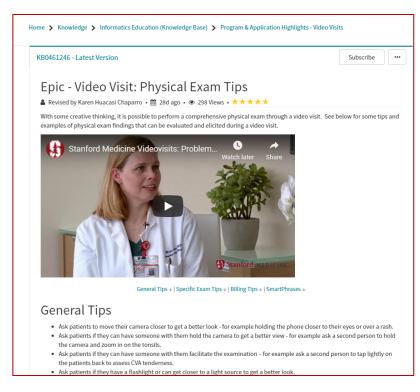


AskSHC: Video Visit



AskSHC: Virtual Physical Exam



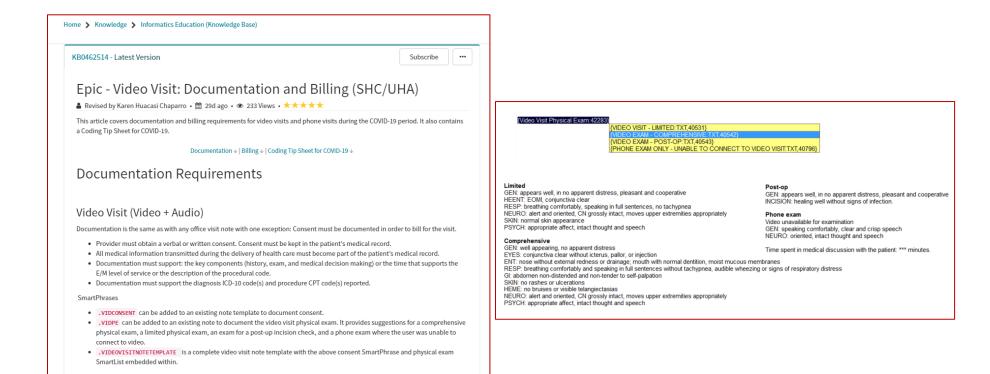


Organ System	Example of virtual exam			
Vitals	Vitals can be obtained by MD or MA.			
	Pulse: Show the patient how to find their pulse on their wrist and ask them to count beats aloud while you			
	time 15 seconds then multiply by 4.			
	Breathing rate: Observe breathing rate over 15 seconds and multiplied by 4.			
	Temperature: If your patient has a thermometer, have them take their temperature and tell you what it is. Be			
	sure to document the device/method.			
	BMI: If the patient has a scale, ask the patient their weight and height so you can calculate BMI.			
	Constitutional: Record the patient's constitution (e.g., thin, obese)			
Eyes/ENT	Ask the patient to move camera closer to eyes, nose, mouth, etc. as needed. If needed, ask to use an			
	additional light source like a flashlight or move closer to a lamp to get a better view.			
CV	Ask the patient to press on lower extremities to look for edema. Look for blue lips or facial pallor as signs of			
	cyanosis. While patient is counting radial pulse, you can also get rough assessment of rhythm.			
	Ask the patient to move the camera closer to their neck to allow examination of jugular veins (eg., distension).			
Respiratory	Ask the patient to take a deep breath in and out to listen for wheezing/cough and assess			
. ,	inspiratory/expiratory ratio.			
GI	The patient can ask an available family member to perform soft and deep palpation in different quadrants.			
	Otherwise, you can ask the patient to perform self-palpation to assess tenderness and rebound. You can ask			
	the patient to jump up and down to assess rebound/guarding.			
Hematologic /	Show the patient how to feel for lymph nodes and have them assess for cervical/axillary lymphadenopathy.			
Lymphatic	Can evaluate skin for ecchymosis and/or telangectasias.			
Musculoskeletal	Ask patient to perform specific exercises to assess range of motion. Can also visualize joints to look for			
	erythema and ask patient to comment on warmth or tenderness.			
Skin	Ask the patient to move closer to the camera so you can observe any jaundice, rashes, or tattoos. If needed,			
	ask to use an additional light source or stand closer to a lamp to get a better view.			
Psychiatric	Observe presence or absence of anxiety or depression during telehealth visit.			

Organ System	Example physical exam findings			
Constitutional	Well appearing, no apparent distress.			
Eyes	Conjunctiva clear without icterus, pallor, or injection.			
ENT	Nose without external redness or drainage. Mouth with normal dentition; moist mucous membranes.			
CV	No lower extremity peripheral edema or signs of cyanosis.			
Respiratory	Breathing comfortably and speaking in full sentences without evident tachypnea or signs of respiratory			
	distress.			
GI	Abdomen non-distended and non-tender to self-palpation.			
Skin	No visible rashes			
Psychological	Appropriate affect. Intact thought and speech.			
Neurological	Alert and oriented. Moving upper extremities appropriately.			



.VIDPE and .VIDCONSENT

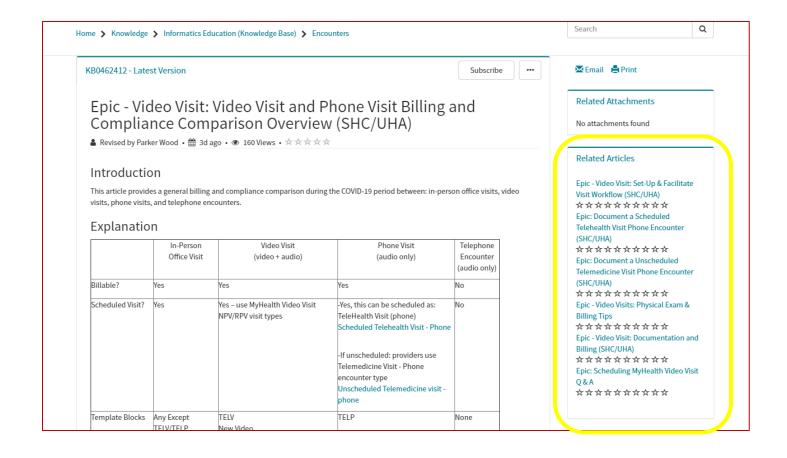


.vidconsent

I have discussed the risks, benefits, and limitations of receiving care virtually with the patient. The patient expresses understanding and is willing to move forward.



AskSHC: Billing



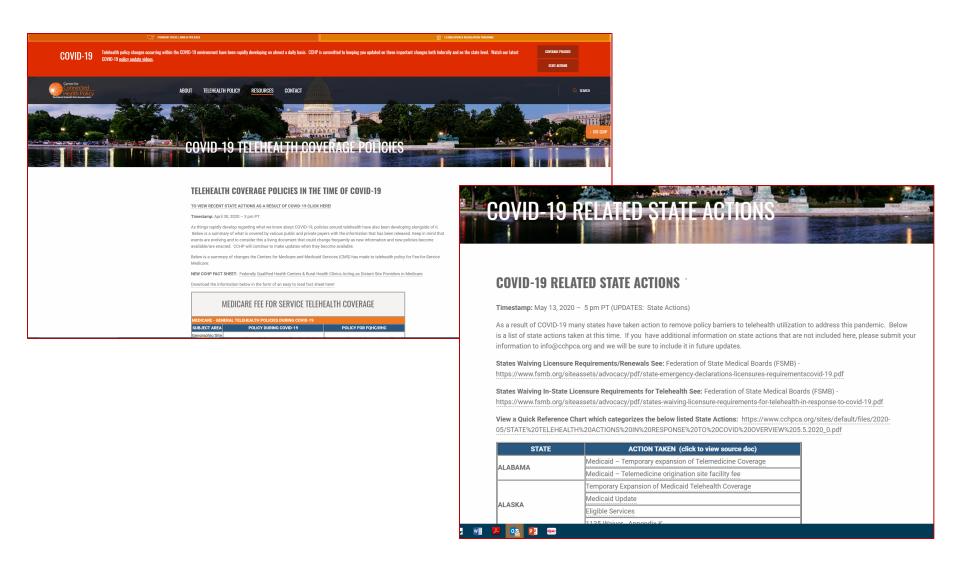
Telehealth/Virtual Codes

Service	Codes	Telehealth	Place of Service	Conditions/Requirements/Restrictions	New or
		modifier 95		(not comprehensive)	established
		required			patient
Telehealth	99201-99205	Yes	Where the visit	Must use real-time audio and video	Both
E/M (video	99211-99215		would have taken	Level of E/M based on medical decision	
visits)			place in person (eg, 11, 22, 24)	making (MDM) or time	
			11, 22, 24)	making (MDM) or time	
			Do not report	Not required to document medical history	
			general telehealth	and/or physical exam in the medical record	
			POS 02		
				Can report E/M if over half the visit was	
				conducted via telehealth platform/app	
				Can use non-public facing apps* (eg,	
				Skype, FaceTime); do not use public facing	
				apps (eg, Facebook Live, Twitch)	
Telephone	99441-99443	Yes	Where the visit	Audio only communication	Both
E/M			would have taken		
			place in person (eg,	Must be patient initiated, but provider can	
			11, 22, 24)	educate patient that it is an option	
			Do not report		
			general telehealth		
			POS 02		
Virtual	G2010,	No	Location where the	Use G2010 for reviewing store and forward	Established only
Check-in	G2012		service was	video and/or images from patient	
			provided	Har C2012 for to be also be and brief	
				Use G2012 for technology based brief communication with patient (5-10 minutes)	
				communication with patient (3-10 minutes)	
				Must obtain and record consent for the	
				service in patient's medical record, but a	
				single consent can be obtained for all	
				communications annually	
e-Consults	99446-99449,	No	Location where the	Report for interprofessional telephone,	Both
	99451, 99452		service was provided	internet or electronic health record (EHR) provider-to-provider consultations	
			provided	provider-to-provider consultations	
				Cannot be reported when a face-to-face	
				encounter with the patient occurred in the	
				prior 14 days or the next 14 days	
				Request for the consultation must be	
				documented in patient's medical record	
Online	99421-99423	No	Location where the	Must be patient initiated	Established only
digital E/M			service was		,
			provided	Communications can occur over a 7-day	
				period via portal, fax, phone/combo.	
				Cannot be reported if the online patient	
				request is related to an E/M service within the previous 7 days or within the global	
				period.	
				period.	



National Telehealth Policy Resource Center





AMA Telehealth Playbook



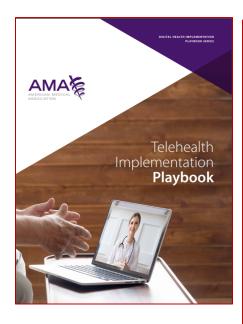


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step 37 making the case

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Step 5 / Farthering with the Fatter

Step 10 / Implementing

Step 11 / Evaluating Success

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PART 4 / POST-GAME - RESOURCES

DIGITAL AMA quick guide to telemedicine in practice In an effort to keep our health care workers and patients safe amid the COVID-19 pandemic, the American Medical Association has designed resources to support physicians and practices in expediting the implementation of telemedicine, so care can continue to be provided to those who need it most. Overview Practice implementation Policy, coding & payment Other helpful resources Essential Tools & Resources Disclaimer: Information provided by the AMA contained within this Quick Guide is for medical coding

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Teaching Telemedicine: A Learner-Centered Approach

Rika Bajra, MD Associate Director, Core Clerkship in Family and Community Medicine

Tracy Rydel, MD
Director, Core Clerkship in Family and Community Medicine

Family Medicine Core Clerkship



Best Practices in Clinical Video Visits

Patient Care

Virtual OSCE



Didactic Session:

- Communication
- Physical Exam

Clinic Video Visits

- Epic and Zoom
- Preceptor training

Formative Assessment

Video Visit Precepting

(1)



Troubleshoot technology

Neer Impingement

- Establish rapport
- Goals/agenda
- Take patient history

(2)







- Summarize patient history
- Perform provider-directed patient self-exam



(3)

- Discuss management plan with patient
- Provide After-Visit Summary and clear follow-up recommendations

How to Optimize Learning



- Pre-rounding
 - Primes the learner
 - Presence 5: Prepare with Intention



- Physical examination
 - Patient-centered communication (Verbalizing exam findings: "I notice there is redness and swelling")
 - Provider-directed patient self examination
- Model relationship-building and communication skills in virtual visit
- Clinical reasoning and medical decision making
 - Identify how limitations may affect medical decision-making and follow-up

Tips for Pre-rounding for Medical Students by Elaine Tran (MS4)

Precep	Anticipate the Virtual Interaction
• Contact preclinic • Consider pronotes and a • Review preceder relationship • Longstand with the podetailed him • New paties delving interiors.	 Collect personal information: Patient preferred name, family/caretaker names Patient's social history Patient's past stressors Review virtual visit etiquette Verify patient ID and current residence Confirm confidentiality Set agenda Video specific preparation Plain background/green screen Ensure minimal background noise and distractions

Virtual Observed Structured Clinical Examination (OSCE)



- Goals:
 - Patient-centered communication
 - Chronic care management
- Breakout rooms with SP and hidden faculty observer
- Modified Kalamazoo Communication Checklist
- 1:1 SP feedback and group debrief



Thank you Rika Bajra: <u>rbajra@stanford.edu</u>

Tracy Rydel: tarydel@stanford.edu



Sumit Shah, MD, MPH Clinical Asst Professor Medicine/Oncology Medical Director, Digital Health Stanford University sas7@stanford.edu

Troubleshooting



Audio difficulties



Low-Tech Solutions also work

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I will call you on the telephone.
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MyHealth Alternatives

• Telephone



Zoom/Skype/Facetime



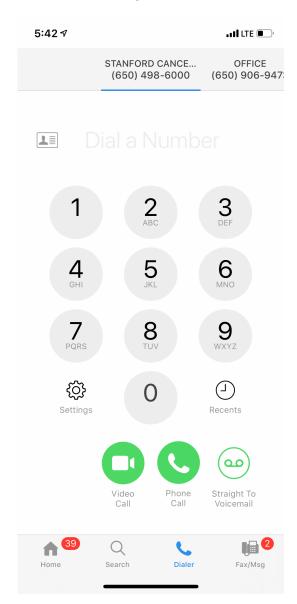


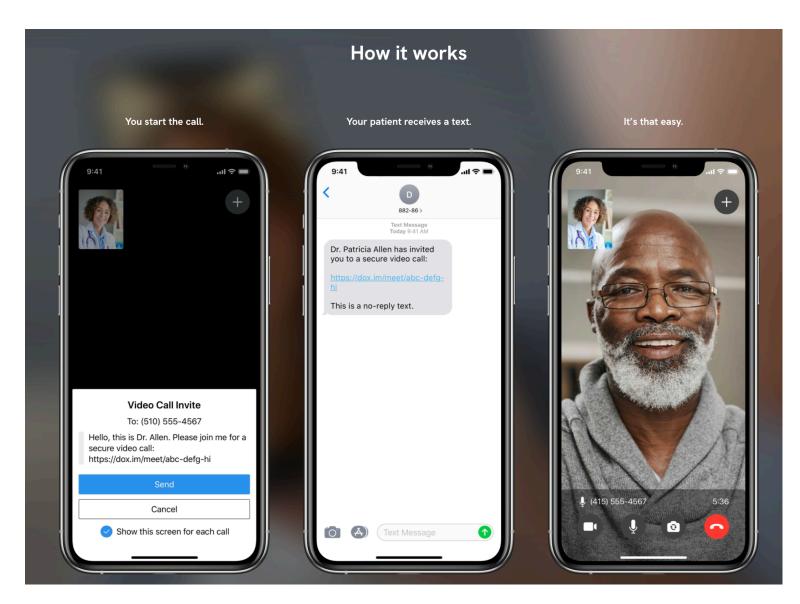


• Doximity Dialer Video

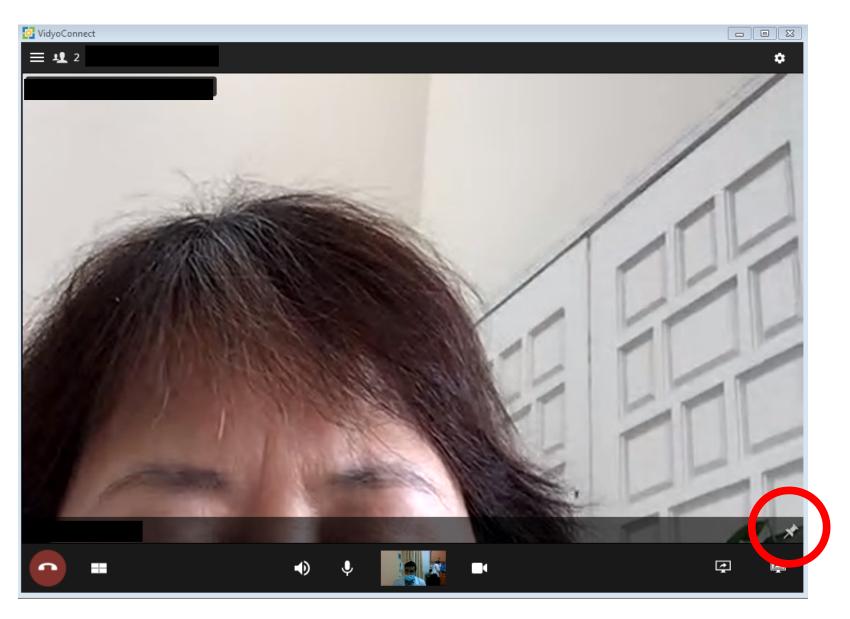


Doximity Dialer Video





"Zoomed-in Face Problem"



"Disappearing Video Window"

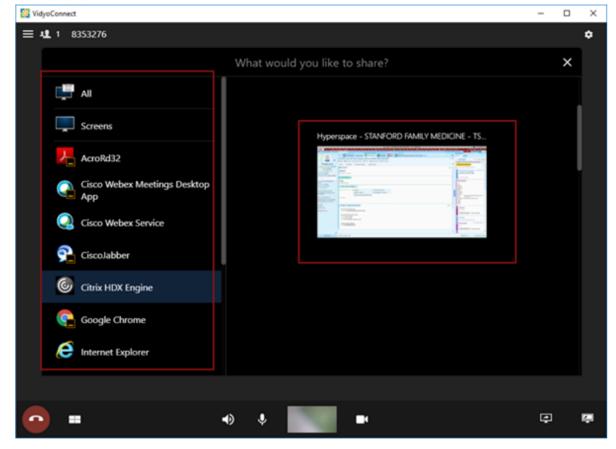
- Video will stay "on-top" during next EPIC update
- Work-around: Share video screen

Use Share Screen in the VidyoConnect computer application

1. Click Share icon on the bottom right of the VidyoConnect application screen.



- 2. Select screen or application to share with the patient.
- 3. Click Share.



Multi-party collaboration

• Problem: Difficult to interface with provider team remotely: nurse coordinators, medical assistants, APPs, scribes, etc.

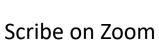


Multi-platform Work Around

Method 1: Computer #1: MyHealth Video Visit









Method 2: Jabber – HIPAA compliant chat

Help Desk

- For providers and patients!
- 1-866-367-0758

