

Rural Health Home Assessment: Case Presentation

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Intro – Clinical Video Telehealth (CVT)

Scope of VA Telehealth Services

- Home Telehealth (HT)
- Clinical Video Telehealth (CVT)
- Store and Forward Telehealth (SFT)

Checklist

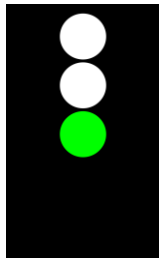
- Literature Review
 - Google Scholar
 - Pub Med
- Veterans Health Administration Handbooks
- Clinician Expertise
- Live At Home Pro
 - VGM Forbin
- <http://rstce.pitt.edu/varha/>

1. Pre-Visit Checklist
2. Assess Home Factors
3. Setup and Introduction
4. Assessment of Patient Factors
5. Interior Evaluation
 1. Room-By-Room
6. Discussion of Options
7. Provision of AT and Modifications
8. Follow-Up

***Prioritize Sections & Rooms**

Before The Visit

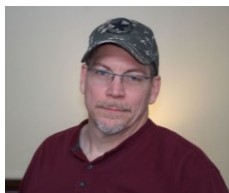
- Resolve Business Infrastructure
 - Billing Codes
- “Pre-Flight Checklist”
- Reserve Vehicle
- Confirm Tech Setup
- Schedule/Confirm Appointment
- Establish Emergency Procedures
- Determine Goals



Model Client - Joe

- 56 y/o male veteran
- Parkinson Disease 5 Years Prior
- Balance Issues
- Vision Difficulties

- Walks with Cane
- Lives in Townhouse with Son
- Involved in the Community
- Former University Administrator



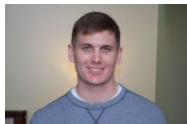
Model Team



Mark: Remote Occupational Therapist



Karl: Telehealth Clinical Technician (TCT)



Vince: Client's Son & Primary Caretaker

Home Factors: Exterior

General Considerations:

- Consider Geography
- Evaluate Type of Residence
- Evaluate Exterior
- Consider Transportation Options
- Consider Security System
- Evaluate Egresses
 - Usability
 - Safety



Introduction & Entrance

General Considerations:

- Introduce Self at Door
- Consider Relationship to Client
- Consider Home's Culture
 - Shoes

- Model Case:
- Met Client's Son
 - Entrance Video 1*



***Notes On Videos:**

- Loading based on individual internet
- Audio plays through personal speakers
- Please mute conference lines

Tech Setup

General Considerations:

- Introduce Therapist
 - Confirm Verbal Consent
- Review Telehealth Process
- Set Up Communication Devices
 1. Transportable Exam Station
 2. Desktop/Laptop with Jabber
 3. Clinical Video Telehealth (CVT) Patient Tablet

- Model Case:
- Introduction: Video 2



Baseline Information

- **General Considerations:**
- **List of ADLs/IADLs Reported**
- **Other Information:**
 - Current Mobility
 - Difficulty With ADLs/IADLs
 - Current Assistive Technology (AT)
 - History of Falls
 - Discuss Leisure Interests

- Model Case:**
- Discussion of ADL Status

Assessments

General Considerations:

- **General Assessment:***
 - Gross/Fine Movement
 - Balance
 - Gait Tests
 - Strength
- **Other Example Assessments:**
 - Montreal Cognitive Assessment
 - St. Louis Uni. Mental Status Exam
- **Determine If Visit Continues**

Model Case:

- **Functional Mobility Assessment**
 - TCT Has Physical Copy
 - **24/60**
- **Timed Up and Go**
 - Video 3
- **Stair Climb Test**

*These assessments can be performed to the TCT's level of training.

Room By Room Evaluation

- **Routes of Travel**
- **Bedroom(s)**
- **Bathroom(s)**
 - Powder Room
- **Kitchen**
- **Living Room**
- **Office**
- **Outdoor**

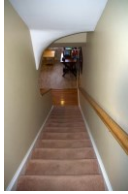
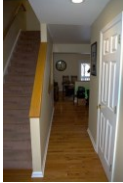
- **Order Can Change**

Routes of Travel: Hall & Stairs

General Considerations:

- Dimensions of Walking Space
- Tripping Hazards
- Use of Doorknobs
- Evaluate Lighting
- Evaluate Stairs

Model Case:



- Stair Climb Test
 - 1:52 Ascent
 - 2:04 Descent
 - Indicates Stairglide

Bedroom

General Considerations:

- Evaluate Surfaces
- Evaluate Lighting
- Discussion of ADLs

Model Case:



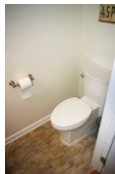
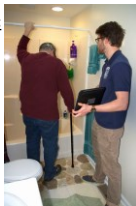
- Discussion of ADLs/IADLs
 - Getting In/Out of Bed
 - Laundry
 - Potential AT
- Video 4 Demonstrating Use of TCT

Bathrooms

General Considerations:

- Toileting
- Hygiene
 - Sink access
- Bathing
 - Shower/bathtub
- Floor and Surfaces
- Usability

Model Case:



Kitchen

Model Case:

- Food Prep Safety
- Video 5

General Considerations:

- Evaluate Surface Height
 - Reaching Ability
 - Fridge, Cupboards, etc.
- Evaluate IADLs
 - Meal Prep
 - Cleaning
 - Storage



Living Room

Model Case:

- Step to Enter
- Seat Lift Chair
- Rug Removal
- Technology Use

General Considerations:

- Tripping Hazards
- Sitting/Standings
- Use of Technology
 - TV
 - remotes



Communication & Connectivity Access

Model Case:

- Computer is a Priority for Client

General Considerations:

- Phone Access
 - Cell Phone
- Wi-fi/Internet Setup
- Access to Computer
 - Tablet
- Visual Challenges
- Physical Challenges



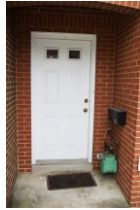
Outdoor Evaluation

General Considerations:

- Discussion of Mobility
- Evaluation of Exterior
- Evaluation of Egresses
- Security System

- Education on AT Use

Model Case:



Transportation

General Considerations:

- Bus/Car/ACCESS
- Number of Times Leaving Home
 - How?
 - Why?
- Use for Work/Education

Model Case:

- "Transportation" FMA: 2/6
- Difficulty Leaving Home



Emergency Plans

General Considerations:

- Access to Communication
 - Emergency Phone Numbers
- Electrical/Water Hazards
- Fire Hazards/Smoke Alarms



Discussion of Options & Referrals

General Considerations:

- Personal Care Attendant
- Additional Referrals
- Assistive Technology
 - Limited Device Trials
 - Mobility
 - ADLs/IADLs
 - Environmental Control Units
 - Additional Security
- Discuss Follow-Up

Model Case:

- Referrals:
 - Physical Therapy
 - Speech Language Pathology
 - Home Modifications
 - Wheelchair Evaluation
 - Computer Access
 - Recommended Attendant Care

After the Visit

- Complete Documentation
- Schedule Follow-Up
- Gather Devices for Delivery

"The right care, at the right place, at the right time."

Follow Up: Assistive Technology Devices

- Raised Toilet Seat
- Tub Transfer Bench
- Transfer Bars
- Shower Head
- Shower Curtain
- Grip Pads
- Non-Slip Kitchen Mat
- Seat Lift Chair
- Larger Remote
- Reachers
- Dressing Stick
- Rollator
- Stair Glide
- Door Levers
- Power Wheel Chair
- High Contrast Keyboard/Monitor

Bedroom

- Dressing aids
- Reachers
- Rollator for Mobility

- Video 6



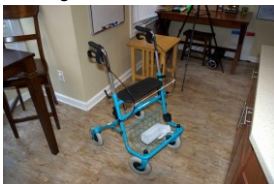
Bathroom

- Sink Access
- Removal of Mats
- Toilet
- Shower



General Mobility

- Rollator
- Stairglide



https://upload.wikimedia.org/wikipedia/commons/1/15/Star_8T_orange.png

Kitchen

- Kitchen Mobility
- Microwave Access
- Food Access
 - Video 7



Living Room

- Seat-lift Chair
- Removal of Rug
- Larger Remote



Black Recliner by StillMiter
https://upload.wikimedia.org/wikipedia/commons/2/2d/Black_Recliner.jpg

Computer Access

- High Contrast Keyboard
- High Contrast Monitor
- Additional Mods to Tablet



Garage and Outdoors

- Door Levers
- Power Wheelchair
 - Outdoor Use
- Garage Door Opener
- Videos 8 and 9



Time 1 vs Time 2 FMA

	Time 1:	Time 2:
• Routine:	3	5
• Comfort:	2	5
• Health:	3	6
• Operation:	3	6
• Reach:	2	5
• Transfers:	2	5
• Personal:	2	6
• Indoor:	3	6
• Outdoor:	2	6
• Transportation:	2	5
• Total:	<u>24/60</u>	<u>55/60</u>

- Greatly Improved Scores
- Comments:
 - Transportation Video 10

Contact info

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