



Home Interdisciplinary TeleRehabilitation Team (HITT)

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Home Interdisciplinary TeleRehabilitation Team (HITT)

Funding by:	Office of Rural Health, VACO (project number: ID N43-FY15Q1-S1-P01510)
Facilitated by:	Rehabilitation and Prosthetics Services Program Office, VACO
Collaboration with:	University of Pittsburgh, Rehabilitation Engineering
Alignment with:	The Blue Print for Excellence
Pilot Site:	Des Moines VAMC

Revised: 3/10/16



Agenda
(2 virtual presentations, Adobe Connect, recorded for future reference)



Part I – March 17, 2016 at 3:00 p.m. EST

Agenda includes:

- Welcome and Introductions
- Background and Inter-Professional Collaboration
- Telehealth Technology options for CVT into the home (CVTHm)
- Workload capture
- Steps 1 – 8, including a pre-flight checklist
- The Des Moines Experience
- Discussion, Questions and Answers

Part II – March 31, 2016 at 3:00 p.m. EST

Agenda includes:

- Home Evaluation utilizing Telehealth Technology
- Des Moines Team: Suggestions for Telehealth Visits
- Discussion, Questions and Answers

Feasibility for a Standardized Home Environmental and Physical Assessment and Assistive Technology Rehabilitation

Funding : Rural Health (ORH) project number ID N43-FY15Q1-S1-P01510

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VETERANS HEALTH ADMINISTRATION

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Pilot Project Facility



VACIHCS HBPC PACT Mission/Goal

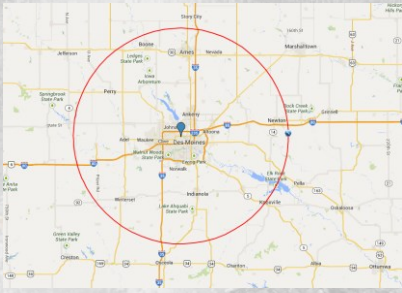
- HBPC mission is to provide comprehensive, interdisciplinary, primary care in the homes of Veterans with complex medical, social, and behavioral conditions for whom routine clinic-based care is not effective
- HBPC helps maximize function, minimize institutionalization, and maintain quality of life of the Veteran.

HBPC PACT Interdisciplinary Team



- Team consists of Providers, Nursing, Clinical Pharmacy, Psychology, Dietary, Social Work, Physical Therapy, Occupational Therapy, and Speech Language Pathology.
- Programming includes Medical Foster Home, CNH oversight, ADHC, H/HHA, Caregiver Support, and Care in Community for Purchased Skilled Care

Central Iowa HBPC PACT Service Area



HITT Program Increases Area



The Des Moines Experience CVT into the "Home Team"



Donald Hayes, PT



Kristen Ganfield, OTR/L



Whitney Welp, SLP

Advantages of CVT into the Home (CVTHm)

- Home environment
- Avoid parking issues and long drives
- Convenient for the patient and provider
- Improved prescription of appropriate equipment/assistive technology
- Reaching rural patients
- Consult to visit date significantly reduced



Challenges with CVT into the Home (CVTHm)

- Technology issues:
 - Availability
 - Connectivity
- Telepresenters:
 - "Hands-on"
 - Share required information



Physical Therapy helpful hints ...

- Can perform goniometry
- Peripheral telehealth equipment to assist with vitals for blood pressure, heart rate, and pulse ox
- Select tests/tools that may not require “hands-on” by the clinician
- Telepresenter may be present in the home for safety



Physical Therapy suggestions...

Common tools utilized for CVTHm

- Aerobic: 2 minute step test
- Strength: 30 second chair rise
- Balance: 4-square, tandem stance, single limb stance
- Gait: speed, observing deviations
- Vestibular: Vestibular-Ocular-Reflex x1
- Ortho: Finger flexion, Slump, Yocum



Physical Therapy suggestions...

Functional Tests

- Mini Balance Evaluation Systems Test (miniBESTest)
- Mini Physical Performance Test
- Timed Up and Go
- Short Physical Performance Battery
- Various ortho paper/pencil tests



Physical Therapy suggestions...

Select equipment for the Telepresenter "kit"

- Rope to measure gait speed and Timed Up & Go (TUG)
- PVC with 4-way connector for 4-square test
- Steps for seated step test
- Snellen eye chart
- Ruler for Functional Reach
- Stickers for goniometry
- Dumbbell for Arm Curl test
- Flexicurve for spine



OT Treatment Ideas

- Home Safety Evaluations (MME review/HISA grants)
- Activities of Daily Living (ADL) Evaluations
- Adaptive equipment education
- Transfer training in the home
- Wheelchair Evaluations
- Catastrophic Disability Evaluations
- Home Exercise Programs for upper extremity, range of motion, and strength



OT Functional Test Ideas

- St. Louis University Mental Status (VAMC SLUMS) Exam
- Montreal Cognitive Assessment (MOCA)
- Short Cognitive Performance Test or Screen (minus the toast subtest)
- Patient Specific Functional Scale
- Fear of Falling



Speech Pathology experience ...

- Speech treatment may be implemented including:
 - Cognitive
 - Language
 - Motor Speech
 - Voice
 - Swallowing



- Often the initial evaluation (specifically swallowing, is completed in person) and treatment/management is completed via CVTHm

Lee Silverman Voice Treatment (LSVT)

(Evidence-Based Treatment)



LSVT is a voice program for individuals with idiopathic Parkinson's Disease

- Intensive treatment (4 x/week for 4 weeks)
- May be difficult to maintain frequency in the clinic
- CVT into the home allows greater flexibility and consistent treatment schedule
- CVT Patient Tablet was deployed in Des Moines

Strategies to enhance CVTHm

- Add applications (apps) to tablets
 - education regarding conditions or home exercises
- Hand held manual muscle testers connected to computer
- Body worn motion detectors connected to computer
- Create mentorship program



Outcomes and Research Opportunities

- Occupational Therapy Example: Compliance with ADL equipment
- Physical Therapy Example: Fall Reduction
- Speech Pathology Example: LSVT



Hints for Success...

Who, What, When, Where and Why



- Interdisciplinary Team Approach
- Communication amongst team
- Select the appropriate tests and equipment
- Select the telehealth equipment appropriate to the type of assessment or rehabilitation
- Telepresenter training/education re: rehabilitation

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