Home Interdisciplinary TeleRehabilitation Team (HITT)

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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

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 (RHR) project number ID N43-FY15Q1-S1-P01510

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VETERANS HEALTH ADMINISTRATION

Pilot Project Facility

Welcome to the Central Iowa Health Care System

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
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 (4x/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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