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

*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

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

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

Model Case:
- Food Prep Safety
- Video 5

Living Room

General Considerations:
- Tripping Hazards
- Sitting/Standings
- Use of Technology
  - TV
  - remotes

Model Case:
- Step to Enter
- Seat Lift Chair
- Rug Removal
- Technology Use

Communication & Connectivity Access

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

Model Case:
- Computer is a Priority for Client
Outdoor Evaluation

**General Considerations:**
- Discussion of Mobility
- Evaluation of Exterior
- Evaluation of Egresses
- Security System
- Education on AT Use

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Model Case:

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**Transportation**

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

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Model Case:

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

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**Emergency Plans**

**General Considerations:**
- Access to Communication
- Emergency Phone Numbers
- Electrical/Water Hazards
- Fire Hazards/Smoke Alarms

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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
  “The right care, at the right place, at the right time.”
• Gather Devices for Delivery

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
Kitchen

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

Living Room

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

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

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- Greatly Improved Scores
- Comments:
  - Transportation Video 10

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