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Telehealth Activities in RCHE

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Telehealth Activities in RCHE

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What is Telehealth?

- Telehealth refers to a variety of mediated healthcare delivery and supporting methodologies, including:
  - Synchronous provider/patient consultations through teleconferencing (telemedicine, teleoncology, telecardiology, etc.)
  - Store and forward diagnostic imaging (teleradiology)
  - Home-based patient monitoring (home telecare/telehomehealth)
  - Distance education for healthcare professionals
  - Etc.
State of Telehealth in Indiana

• Indiana is a little behind, but that is changing.
  – Medicaid now reimburses for telemedicine consultations
• Broadband access to rural healthcare facilities continues to grow.
• Growing number of support resources have been developed
  – Telehealth Advisory Consortium
  – Midwest Alliance for Telehealth and Technology Resources
  – RCHE
Refining the Concept of Telehealth

• Telehealth: the application of information and communication technologies to structure the nature of healthcare interventions
  – Healthcare intervention: Any interaction between healthcare providers and patients intended to address a relevant health outcome

• How can we refine how information/communication technologies are used to provide better matches between provider services and patient needs?

• Healthcare…Any Time, Any Place
The goal:

- To provide viable ranges of services that are:
  - Patient centered
  - Proactive/preventative
  - Economically sustainable
  - Effective across all stages of healthcare need
The Example of Chronic Disease Management

• Chronic Disease
  – Strong self care component
  – Existing home monitoring technology availability
  – A growing issue with an aging population
  – Ample opportunities for rethinking healthcare delivery options and self care interventions
A Self Care Model

Self Care Motivation → Current Health Assessment → Health Relevant Behaviors/Activities → Health Goal Attainment

Self Care Ability

Possible Provider Interventions

- Informational/Educational
- Community Building
- Wellness Coaching
- Homehealth visits
- Office Visit Scheduling
- Emergency Room Visits
Self Care Factors

- Factors affecting how people manage care:
  - Health Literacy
    - General
    - Condition Specific
  - Technology Use
    - Sophistication
    - Preferences
  - Resource Availability
    - Information access
    - Technology availability
The Example of Tele Homehealth

• Tele homehealth technologies:
  – Patients get care at home
  – Reduce health provider travel and related expenses
  – Daily monitoring of health status changes

• Disadvantages
  – Limited patient education
  – Limited patient/provider interaction
  – Constrained and proprietary functionality
  – Lack of integration with other HIT systems
Our Current Questions

• How can we model user characteristics to structure content and delivery needs?
  – Home Computers
  – Mobile Devices
  – Specialized Monitoring Devices

• What can patterns of this information use tell us about individual self care management?
  – Breadth of Self Care Knowledge
  – Depth of Self Care Knowledge
  – Self Care Engagement Level

• How does self care management interact with other provider data resources (EMR’s, health monitoring systems, etc.) to predict health status and risk stratification?

• How can we tailor provider interventions to respond to patient needs at different risk stratifications?
Conclusion

Telehealth technologies can impact health outcomes in ways that are more:

- Nuanced
- Self care supporting
- Patient centered
- Sustainable

The main key is to glue what we already know together more effectively.
What is MATTeR

- Midwest Alliance for Telehealth and Technology Resources
- One of five regional telehealth resource centers funded by the Office for the Advancement of Telehealth (US Dept. of Health and Human Services
  - 900K over 3 years.
  - Michigan (led by Marquette General Hospital in Upper Peninsula)
  - University of Kansas Medical Center
  - Purdue University
  - Michigan State University
Mission of MATTeR

• To develop resources facilitating the use of telehealth technologies to expand healthcare delivery options in the tri-state region.
  – Developing best practice guidelines
  – Providing technical assistance
  – Showcasing exemplary programs
  – Conducting research on telehealth
  – Soliciting additional funding to support telehealth activities
  – Providing other services as needs are identified

• Secondary goal of developing a mechanisms for sustaining mission beyond third year.