



The Foundation for Peripheral Neuropathy
Patient Education Webinar Series

Taking Care While Apart: Getting the Most Out of Virtual Visits with your Doctor

Thursday, June 4, 2020
2:00 – 3:00 p.m. ET



We will begin our presentation shortly.



The Foundation for Peripheral Neuropathy Patient Education Webinar Series

Before We Begin



This presentation is being recorded! The recording link will be emailed to you so you can view it again later. It will also be posted on the FPN Media Center online.



Submit your questions anytime. We will try our best to answer them in the Q&A session at the end of the presentation.



If you are having trouble with the audio using your computer, you can dial in by phone (check your email for dial-in instructions).



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Polling Feature

In the next several minutes, we will be launching two back-to-back interactive polls, which we would love for everyone to participate in.

In order to vote in these two polls, the screen you are viewing this presentation in needs to be minimized.

If you are currently in full-screen mode, you can press “Esc” in the upper left-hand corner of your keyboard, in order to vote in the polls.

If you are not in full-screen mode, you are good to vote in our polls!



The Foundation for Peripheral Neuropathy Patient Education Webinar Series



Moderator/Panelist:

Lindsay Colbert

Executive Director

The Foundation for Peripheral Neuropathy



Behind-the-Scenes:

Tanya Zivin

Sr. Administrative Coordinator

The Foundation for Peripheral Neuropathy



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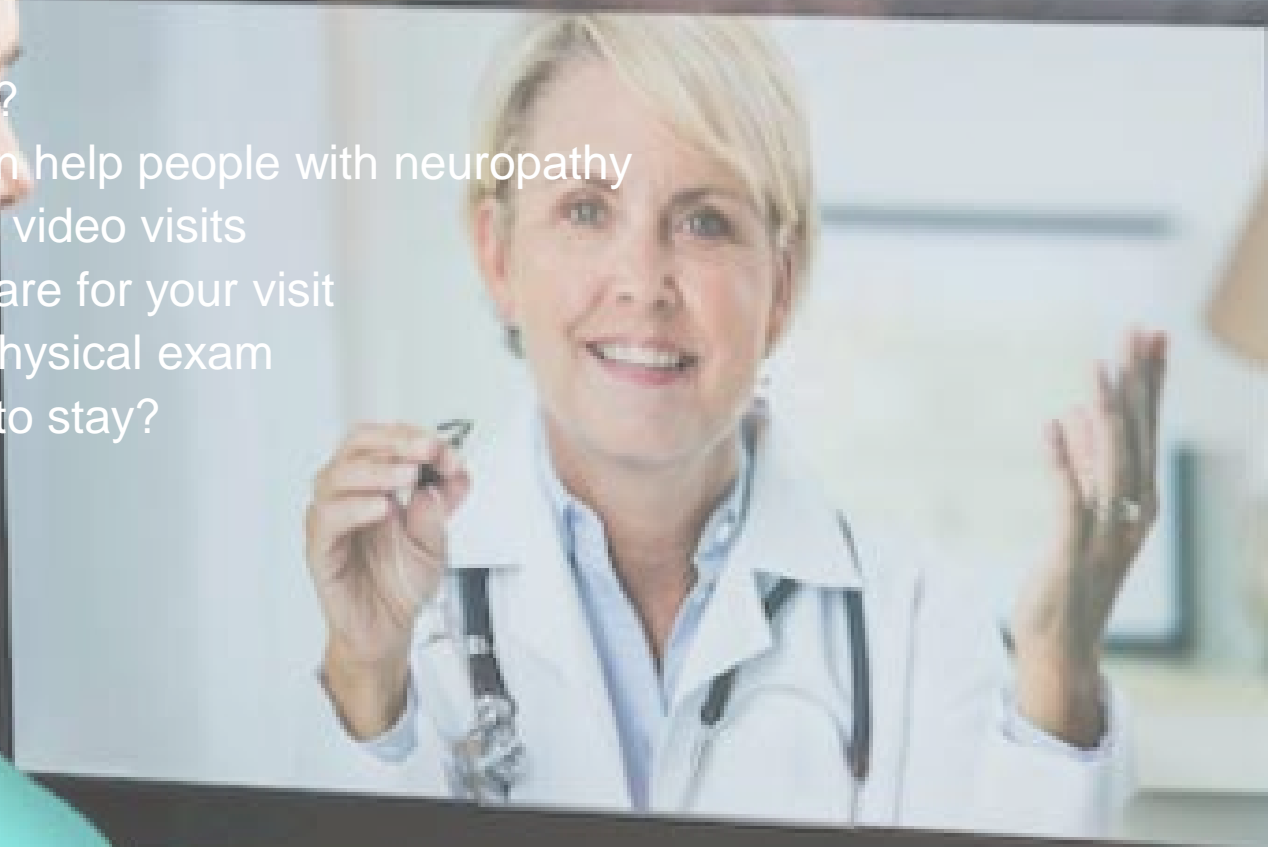
Guest Speaker:

Dr. Shanna Patterson
FPN Patient Education Advisor
Assistant Professor, Neurology
Mount Sinai West



Objectives

- ▶ What is telemedicine?
- ▶ How telemedicine can help people with neuropathy
- ▶ Discuss limitations of video visits
- ▶ Review ways to prepare for your visit
- ▶ Tips for your virtual physical exam
- ▶ Is telemedicine here to stay?





Starting with *Thank You*

Crisis ~ Gratitude ~ Opportunity ~ Support ~ Self Care



Kick-off Survey Question #1:

How many people have used telemedicine/video visits for any type of medical care?

Response Options:

- A. YES, I have tried it before**
- B. NO, I've never had a video visit**

Kick-off Survey Question #2:

If you have had a telemedicine/video visit, what was your general impression of the experience?

Response Options:

- A. Positive, I found it to be effective and convenient**
- B. Not sure, I have mixed feelings**
- C. Negative, wouldn't want to do it again**

What is Telemedicine?



What is Telemedicine?

- ▶ Synchronous, remote care (usually video)
- ▶ HIPAA compliant platforms
- ▶ Covered by insurance

**How can telemedicine help
people with neuropathy?**

How can telemedicine help people with neuropathy?

- ▶ Excellent for discussing medical history
- ▶ A great way to troubleshoot and fine tune symptom management
- ▶ Potentially an easy (and safe) way to include family

How can telemedicine help people with neuropathy?

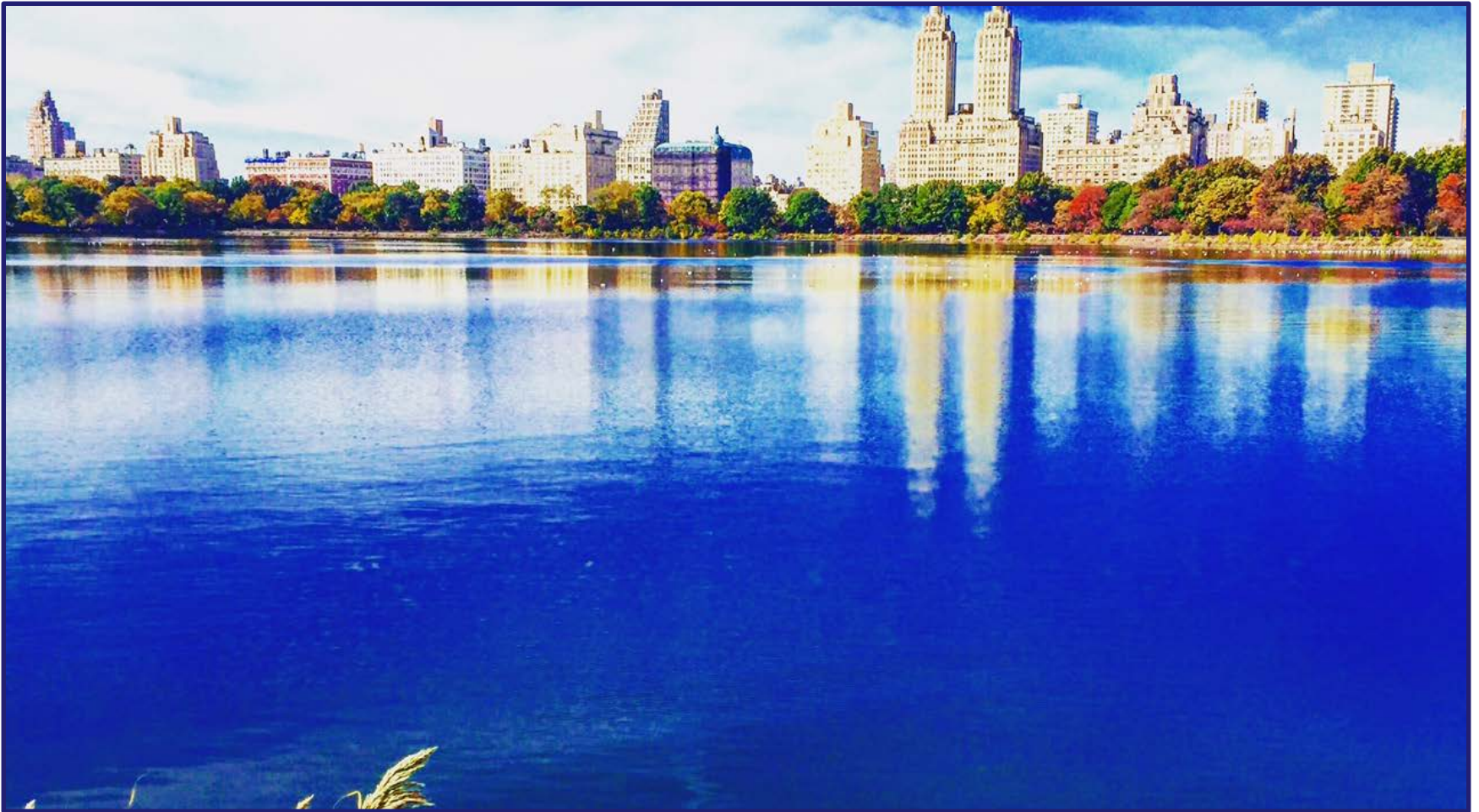
- ▶ Convenient, especially if travelling is burdensome
- ▶ A good choice potentially for a follow-up visit
- ▶ Can help triage need for in person visit
- ▶ Improved familiarity with other portal-based resources
 - Writing messages to your doctor between visits
 - Requesting refills of medications
 - Checking testing results

**What are limitations of
telemedicine for neuropathy
patients?**

What are limitations of telemedicine for neuropathy patients?

- ▶ Somewhat limited physical exam
- ▶ Not able to *diagnose* neuropathy via video visit
 - Need to come in person for EMGs
- ▶ Not ideal for new patient visit (depending on pandemic-related risks, is better than nothing)
- ▶ Lack of an “in person” personal touch
- ▶ Can be frustrating if the technology is challenging

Preparing for your virtual visit



How to prepare for a telemedicine visit

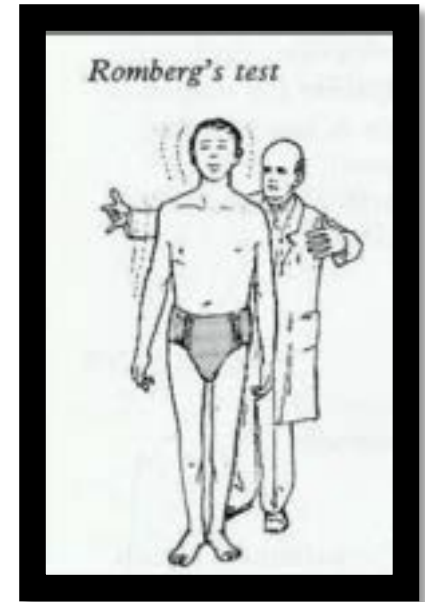
- ▶ Setting: quiet, good internet connection, clear audio, space to move
- ▶ Review instructions for logging on when scheduling
- ▶ Make a list of questions beforehand

Tips for your “virtual physical exam”

- ▶ “Set your stage” and give yourself space to move
 - Not closed in behind a table, unless you only need to talk
- ▶ Come barefoot, or be prepared to remove your socks and shoes
- ▶ Motor/Strength
 - lift an object at home
 - use your bodyweight: stand up from chair without using your arms, stand on toes

Tips for your “virtual physical exam”

- ▶ Sensation
 - light touch: fingers, cotton ball or tissue
- ▶ Balance
 - Stand on each foot
 - Stand with feet together, and *possibly* eyes closed *only if you're stable*
- ▶ Walking



Is Teleneurology Here to Stay?

**MUSCLE
& NERVE**

Invited Review | [Free Access](#)

Telehealth applications for outpatients with neuromuscular or musculoskeletal disorders

Ileana M. Howard MD✉, Marla S. Kaufman MD

First published: 06 March 2018 | <https://doi.org/10.1002/mus.26115> | Citations: 8

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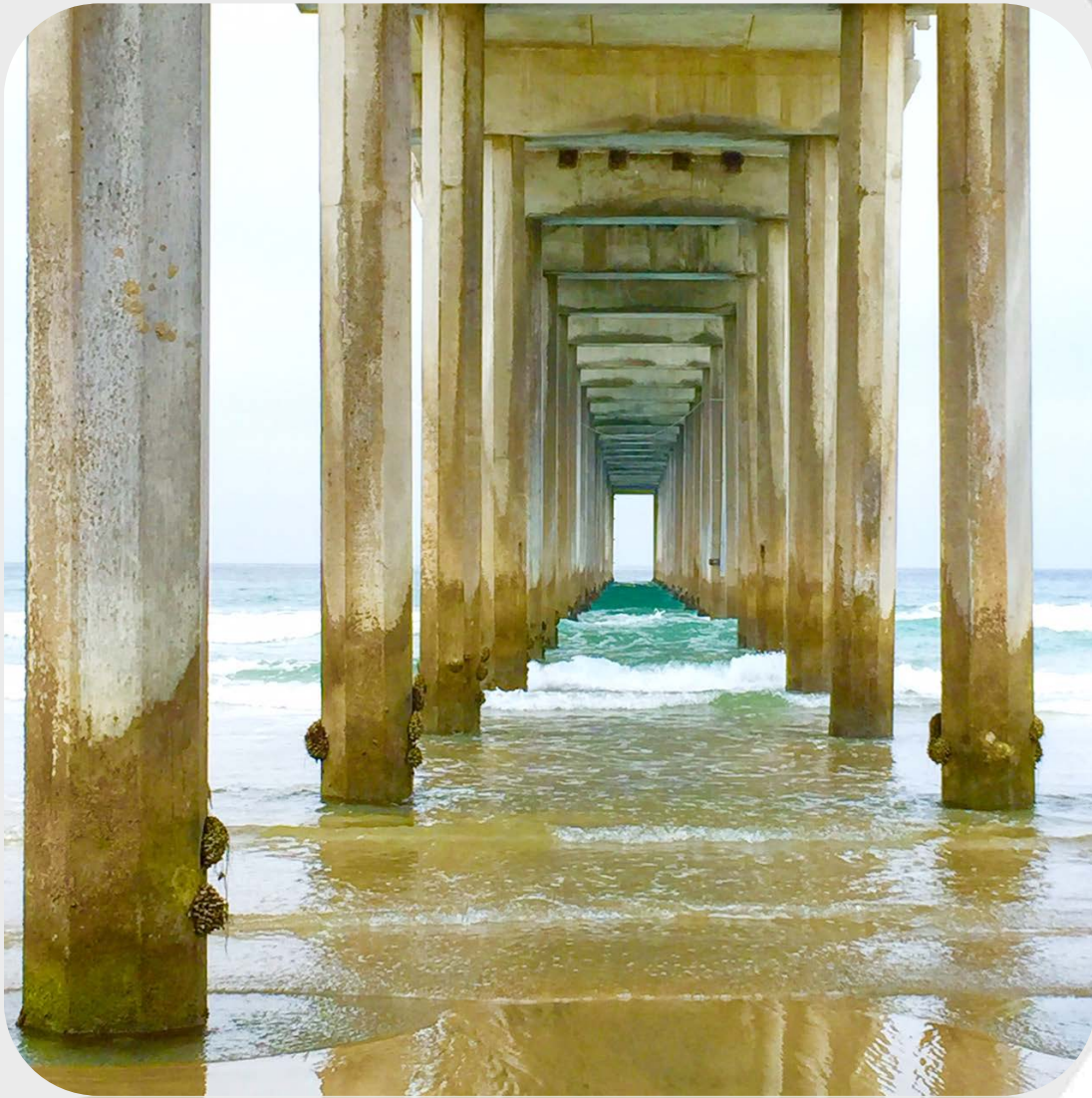
January 07, 2020; 94 (1) **EDITORIAL**

Teleneurology is neurology

Amy K. Guzik, Jeffrey A. Switzer

Trajectory of Teleneurology

- ▶ Initial focus was on time-sensitive urgent care
 - Telestroke: early 2000s
 - Providing inpatient neurology care in areas where there are few neurologists
- ▶ Gradual expansion
 - Convenience, improving technology
- ▶ Impact of Covid-19 Pandemic
- ▶ The Future...



Acknowledgements & Questions



**Mount
Sinai**



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Thank You for Watching!

Did you like this webinar? A recording will be uploaded on our website at www.foundationforpn.org shortly. Stay tuned.

Do you like us? Please consider supporting us so that we can continue to fulfill our mission of improving the lives of people living with Peripheral Neuropathy. You can give securely online, via mail or via phone. Every dollar matters!

Can we help with anything else? Call 847-883-9942 or email info@tffpn.org. You may also mail inquiries and donations to *The Foundation for Peripheral Neuropathy* at 485 Half Day Road, Suite 350, Buffalo Grove, Illinois 60089.