



12th Annual DNP Conference

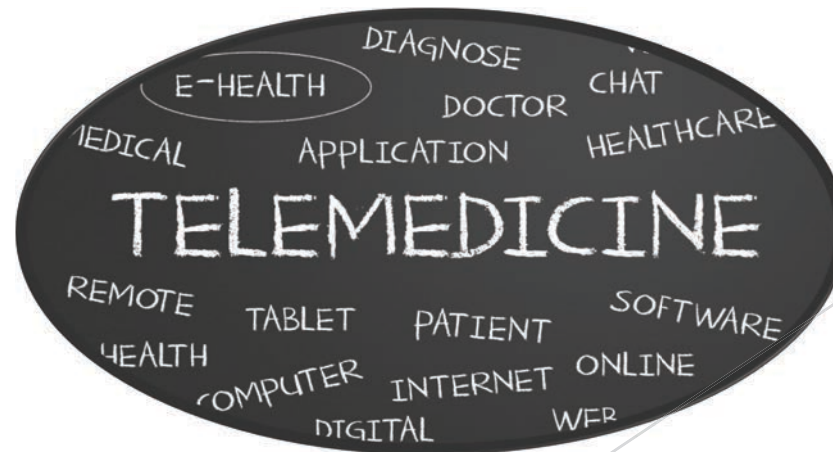
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2019 DNP National Conference

TELEMEDICINE STUDY

- ▶ Completed in 2016 using post op knee arthroscopy patients after IRB approval and consent/assent
- ▶ Quasi-experimental pilot study
- ▶ Metric measured via telemedicine 24 hours before in-office appointment
 - ▶ Range of motion
 - ▶ Incision color
 - ▶ Effusion size



Results

- ▶ 59 subjects consented and enrolled
- ▶ 34 completed study
- ▶ No difference noted between telemedicine and in office visit when evaluating range of motion, effusion size or incision color
- ▶ No complications identified on either visit
- ▶ No urgent or emergency room visits were required
- ▶ SPSS used for statistical analyses
 - ▶ Descriptive statistics used for demographics.
 - ▶ Flexion/extension comparison - t test.
 - ▶ Color and effusion size comparison - intraclass correlation (ICC)

Results

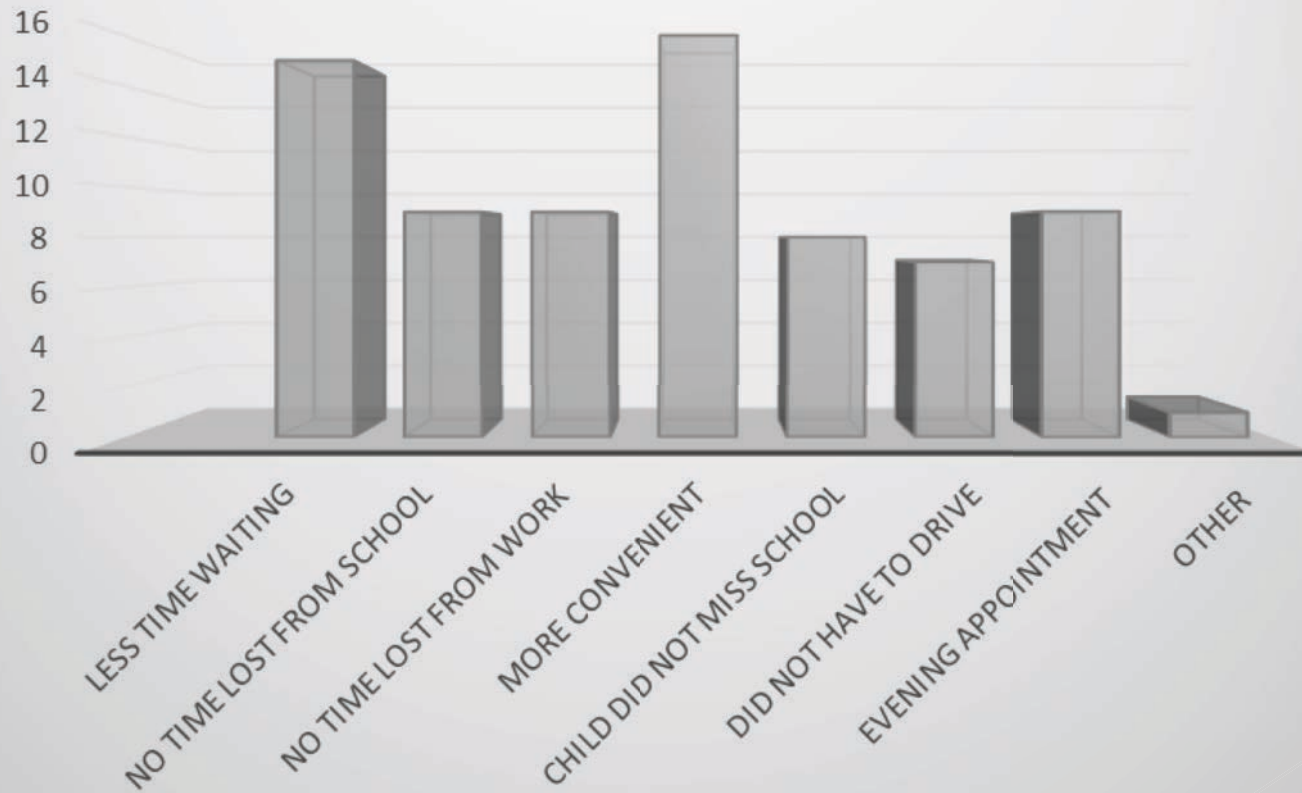
- ▶ 2/3 patients preferred telehealth visit
- ▶ 96% were satisfied
- ▶ Average miles traveled one way to a visit was 35 miles
- ▶ Average wait time in office 1-3 hours (not including travel time)



Results

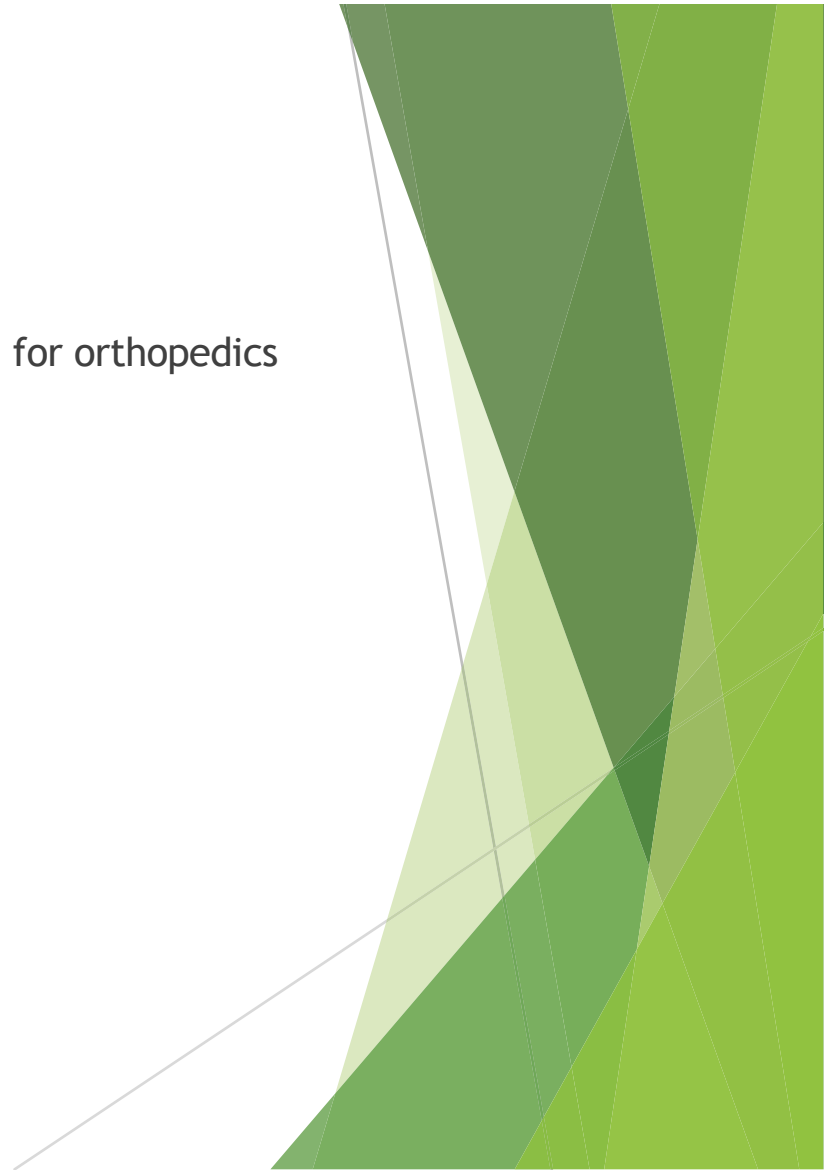
- ▶ Provider satisfaction was high
 - ▶ Opportunity to see patient in home environment
 - ▶ Observe walking, donning/doffing brace
 - ▶ Ample time for patient teaching
 - ▶ Time to review restrictions, discuss home exercise program, brace wear, weight bearing status, physical therapy recommendations
 - ▶ Early contact with post op patients and ability to “see” them
 - ▶ Is this prescription right?
 - ▶ Am I using the CPM correctly?
 - ▶ Did I use the right dressing?

REASONS FOR CHOOSING TELEHEALTH



Where are we now?

- ▶ Approximately 70 telemedicine visits successfully completed for orthopedics by one nurse practitioner
 - ▶ Think about the saved days from school
 - ▶ Saved parental days lost from work
 - ▶ Decreased travel expenses
 - ▶ Decreased wait times
 - ▶ Highly satisfied patients
 - ▶ Now using this program to model for other divisions



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