



# Implementing Telehealth for Home-Based Rehabilitative Services: Strategies for Success

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## Evaluation of a Home-Based Telerehabilitation Platform to Augment Orthopedic Rehabilitation

- This project aims to assess the feasibility of utilizing a telehealth rehabilitation application to increase patient access to healthcare prior to and following anterior cruciate ligament reconstruction
- “Add-on”: Once identified as a surgical candidate participants will be enrolled and participate in telehealth physical therapy services until seen by in-person therapist

### Feasibility Criteria

1.  $\geq 80\%$  of participants will have initial physical therapy visit scheduled within 1 week of enrollment
2.  $\geq 80\%$  of participants will complete their first physical therapy appointment within 1 week of surgery
3. Zero major adverse events will result from telehealth physical therapy services
4. Patient's will complete  $\geq 70\%$  of scheduled physical therapy visits
5.  $\geq 70\%$  of participants will report satisfaction with telehealth services
6.  $\geq 90\%$  of providers will report satisfaction with use of the application to provide rehabilitation services

## **Physical Therapy is a “hands on” profession**

### Considerations:

- Patient population/diagnosis
- Timing
- Provider education/training

**Plan for the unexpected**

## Clinical Trials are time intensive

Detailed planning and documentation is critical

### Must Do

- ✓ Develop detailed study procedures
- ✓ Identify and train clinical researchers
- ✓ Identify and establish access to patient population
- ✓ Establish clinical workflow
- ✓ Institutional Review Board (SaMD Class I, 510(k)- exempt)
- ✓ Clinicaltrials.gov registration

- Clinician buy-in is a must
- Clinician education
- Personnel to identify potential participants (clinical workflow)
- Billable vs. nonbillable research (guarantor account)

**Aim to disrupt patient/provider clinical experience as little as possible!!**

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