

Exploring the Full Spectrum of Telehealth Care



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Exploring the Full Spectrum of Telehealth Care

Telehealth has been slowly but surely transforming how patients seek and receive medical care. In 2020, due to the pandemic, we saw a massive uptick in telehealth visits, with [70%](#) of patients opting for this form of care. As the usability of telehealth tools improves and cultural attitudes towards it become more favorable, telehealth will become increasingly prevalent.

The American Medical Association predicts that as digital health tools like wearable technology and symptom management tools become more widespread, chronic diseases could be managed far more efficiently with telehealth. This technology is also thought to solve the [projected shortage](#) of healthcare practitioners in the years to come.

As such, we aim to explore the full range of use cases for telehealth and how this technology transforms the way different types of practitioners, like pediatricians, psychologists, dermatologists, and many others, render care. In this whitepaper, we delve into these use cases and examine the potential and scope of telehealth in healthcare.



Telehealth for Pediatric Care

Pediatric telehealth has immense benefits for healthcare providers. Adopting this service provides parents convenience, improves access to care, and saves time and resources.

The benefits of telehealth for pediatric care are significant. With evidence showing that the quality of telehealth for children is comparable to in-person care, many health systems are leveraging virtual care to benefit younger patients. From urgent care visits for colds, rashes, and pinkeye to chronic condition check-ins and medication refills, telehealth has proven itself as a robust tool for improving access to care for children.

One striking statistic from the [American Academy of Pediatrics](#) reveals that nearly 20% of children in the US ages 0-17 have unique healthcare needs that require comparatively more attention from practitioners. Unfortunately, only 43% of these children receive the ongoing care they need. This is where telehealth makes a difference, bridging the gap between receiving long-term coordinated care and accessibility.

A [real-life example](#) of healthcare organizations leveraging pediatric telehealth involves Cincinnati Children's Hospital establishing a Center for Telehealth in 2013. This initiative would improve access to care for patients. In doing so, telehealth has enabled the hospital to develop a strategic approach to developing clinical programs and using consistent technology, resulting in the uniform use of telehealth in each clinical area. Having a variety of telehealth tools has allowed staff to be flexible in the care they provide.

Telehealth for General Practitioners

Telehealth provides an efficient platform for general practitioners to offer remote primary care, leading to enhanced attendance rates and decreased costs. In fact, studies have revealed that patient satisfaction rates with telehealth visits can be as high as 96%.

According to a [recent study](#), 80% of consumers have already used telehealth at least once, and this number is only projected to increase over the next 5 years. Nearly 53% of general practitioners report that telehealth is more effective for treatment than traditional in-person care.

Telehealth has proven to be a preferred channel for seeking prescriptions and care for minor illnesses and has reached 80% adoption by providers. This is primarily due to the increased accessibility of this technology, making it much more convenient for their patients.

Furthermore, telehealth has gained widespread popularity due to its potential in chronic disease treatment. Remote patient monitoring is particularly helpful in monitoring patients with chronic diseases, as it allows physicians to track progress and adjust their treatment plans as

necessary. Follow-up consultations are much easier to conduct, as patients are more likely to attend.

In some instances, physicians have even used telehealth to provide critical care in the moments following a significant health event, such as a major stroke or heart attack, while the patient is waiting for paramedics to arrive. Telehealth can also help practitioners determine whether a patient needs in-person care in moments of uncertainty, thus saving time and resources.

Ultimately, telehealth offers an array of benefits to general practitioners, including increased efficiency, improved patient care, and accessibility. As telehealth continues to advance, it presents a significant opportunity for general practitioners to expand their services and improve overall care quality for their patients.

Telehealth for Geriatric Care

Telehealth utilizes user-friendly interfaces that are intuitive enough for those who may struggle with technology to navigate. With virtual consultations, elderly patients can benefit from easy follow-ups and consultations from the comfort of their homes.

Telehealth has transformed healthcare delivery, especially for older adults with chronic diseases. With over 68% of older Americans suffering from two or more chronic conditions, continuous care is essential. Telehealth has proven to be a boon for this demographic, delivering healthcare solutions for those with possible mobility and transportation issues.

Even for those who lack technological skills, resources such as screen readers, voice-to-text programs, and



closed-captioning options are available to assist with the telehealth experience. These tools provide an easy and accessible way to connect and understand their health issues.

Video chat, a popular mode of telehealth, is a powerful tool to help patients stay up-to-date on their condition and make follow-ups easier. Telehealth has even been reported to decrease hospitalization rates, providing timely care for older adults. A [study](#) on older adults' perspectives reveals that physicians have characterized telehealth as a convenient option that increases care timeliness, enhances communication with caregivers and patients, reduces access barriers, and facilitates better health education.

Moreover, older adults have expressed satisfaction with how convenient telehealth is and how it helps them

connect and understand their health issues. Audio-only appointments are beneficial for elderly patients and work well for follow-up appointments, reviewing lab or test results, and medication changes or refills.



Telehealth for Dentistry

Teledentistry is an under-recognized sector that can significantly benefit healthcare providers. With the ability to prescribe dental products, diagnose oral pain, and offer denture consultations, dentists in telehealth can help expand patient services.

Telehealth has undoubtedly reached all healthcare sectors, and dentistry is no exception. Telehealth for dentistry, also known as Teledentistry, is a powerful tool changing how dental professionals operate. According to a [recent survey](#) of 506 dentists, over half of the participants agreed that teledentistry is an incredibly helpful tool. Moreover, most respondents state its potential to reduce costs for practices.

Teledentistry comprises an array of capabilities beyond video calls. It encompasses digital patient registration, prescription management, teleconferencing, and remote patient monitoring. The results of remote patient monitoring can aid dental professionals in effectively

collecting relevant data about their patient's health and medical conditions. Furthermore, video conferencing tools allow dentists to immediately address urgent dental and oral healthcare problems from the comfort of a patient's home, reducing emergency room admissions for dental issues.

With its added benefits, it can make dental care affordable and accessible to more people. This will ultimately improve patients' dental hygiene and provide dentists with a greater capacity to provide care. Moreover, teledentistry will enhance clinician staffing and empower access to oral medicine, operative dentistry, and periodontics specialists.

Telehealth for Ophthalmology

Ophthalmologists can expand their offerings and provide quality eye care through telehealth. From diagnosing and treating eye infections to follow-ups and consultations, ophthalmology for telehealth allows you to reach more patients, save time, and improve patient satisfaction.

Telehealth has revolutionized healthcare in various ways, and the field of ophthalmology is no different. With the introduction of new technologies such as retinal scanners, ophthalmology has been at the forefront of embracing healthcare technology advancements.

The industry has also welcomed [hybrid telemedicine](#), a practice where patients can have their eye exams done in a physical office and receive treatment plans through telehealth consultations. With this technology, it is possible to serve more patients who require continuous monitoring, especially in resource-limited areas.

The advantages of telehealth for ophthalmology are immense. It strengthens the collaboration and referral network between general practitioners, eye care providers, and specialists. Furthermore, it facilitates efficiency across practices and creates a more holistic approach to healthcare.

In particular, telehealth is an excellent avenue for patients with chronic eye conditions who require continuous monitoring. With the platform, they can connect with their healthcare providers in a way that suits their personal needs and preferences.

Telehealth for Veterinarians

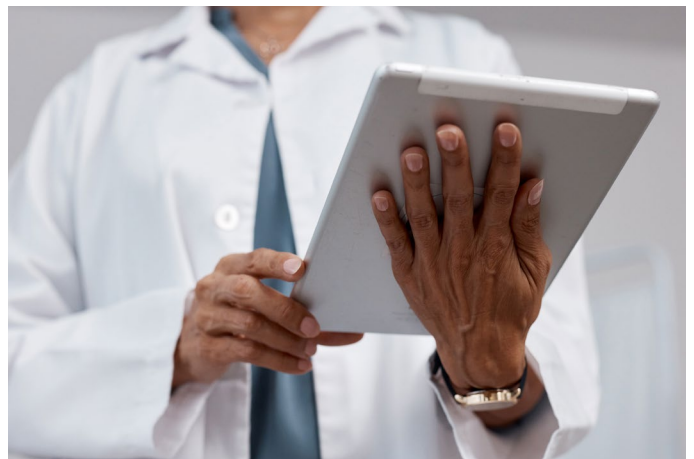
Telehealth is revolutionizing how veterinarians provide care for pets. Remote consultations can save time and reduce stress for pet owners and clinicians, improving access to specialized veterinarian care and reducing unnecessary visits.

The [global veterinary market](#) has been valued at 149.5 million, with a projected CAGR of 17.0% for the next seven years. With the cost of vet visits on the rise, telehealth presents a cost-effective solution to pet owners, providing them easy access to veterinary care without having to visit a clinic in person.

Real-time advice via text, phone, or video chat is now a reality offered by most vets. This service is especially beneficial for pets struggling with traveling, such as those with motion sickness or old age. Vets can also prescribe pet meds via telehealth for a convenient experience.

Zoonotic diseases, or diseases that can spread from animals to humans, have also played a significant role in adopting telehealth by pet and livestock owners to

improve the health of their animals. The affordability of telehealth has also made it an enticing option for pet owners concerned with rising pet healthcare costs.



Telehealth for Dermatology

Telehealth dermatology is booming due to convenience and accessibility. It allows for easy evaluation of skin conditions and prescription of topical ointments or pills. With the high demand for dermatologist visits, offering telehealth can expand your reach and increase patient satisfaction.

Dermatology has seen a [surge](#) in the use of telehealth over the last few years, particularly for patients with visible conditions that do not require a biopsy. Due to the visual nature of skin conditions, patients can receive telehealth treatment for ailments such as skin rashes, moles, skin allergies, hives, acne, and dermatitis, among others.

The demand for teledermatology is expected to rise rapidly, with an estimated [30-70%](#) of the global population suffering from one skin-related issue or another. Hence, the global market for teledermatology is expected to reach a staggering 67.4 billion dollars by 2030.

Asynchronous communication is a prominent feature of teledermatology, with patients submitting photos of their conditions to dermatologists, who then review, diagnose and treat the patient in due course. This feature has made teledermatology more accessible, efficient and less time-consuming.

Overall, the growth of telehealth in dermatology is unstoppable, with North America and Europe leading the charge in practice. Telehealth is set to transform this medical industry sector further, and its potential benefits are beyond measure.

Telehealth for Psychology

Telehealth for Psychologists is a highly effective way to deliver a wide range of mental health care services. Treatment types like group therapy can also be easily implemented via telehealth platforms. As a result, providers can break down the barriers for those seeking mental healthcare.

Telehealth is known for providing a safe and effective way for patients to receive therapy services. A recent [American Psychology Association \(APA\) survey](#) showed that 96% of psychologists believe that telehealth is a suitable method for therapeutic purposes. As a result, the number of clinicians using telehealth has grown from 33% in 2020 to 50% in 2021.

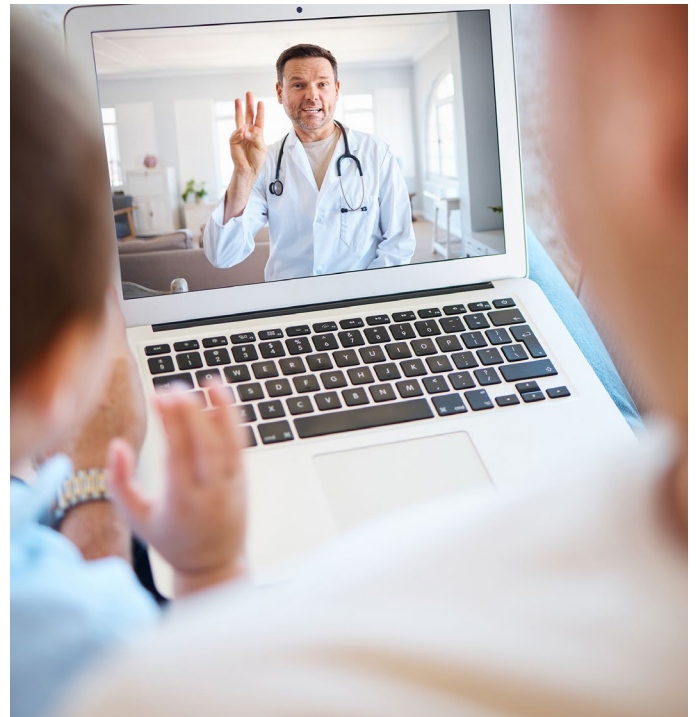
Moreover, 43% of psychologists surveyed have seen an increase in patients, and 68% have reported an increase in their waiting lists. This proves that telehealth offers an accessible solution for those who may otherwise encounter access issues or stigma. In particular, for



conditions like substance use disorder, telehealth can increase engagement with treatment services for groups who may not have engaged with therapy before.

Telehealth offers a wide range of services for psychologists, including one-on-one therapy, group therapy, messaging, medication prescribing, mental health screenings, condition and medication monitoring, and addiction counseling. These services are delivered through a plethora of telehealth tools that help psychologists make diagnoses and provide treatment.

Overall, the growth of telehealth in psychology is not only a response to the pandemic but also a long-term solution for the industry. As such, it should be fully embraced for its potential to improve patient access and outcomes.



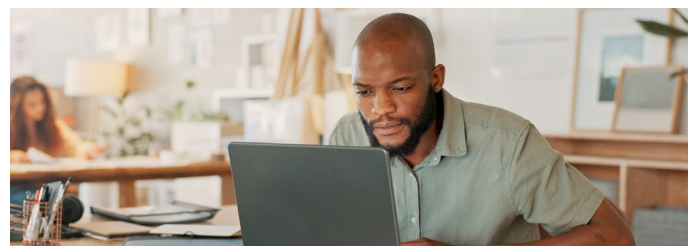
Telehealth for Social Workers

Telehealth enables social workers in various sectors to build relationships within their communities while providing essential mental health services.

The social work profession requires respect for one's dignity and worth, the recognition of the importance of human relationships, and trustworthy conduct with clients. In this regard, social workers must maintain client confidentiality and provide a secure telehealth environment, despite not being in the healthcare field.

Telehealth use among social workers has seen a **significant increase**, from 28% of social workers having used it previously, to an impressive 92% having used telehealth after the pandemic. This rise can be attributed to the advantages of telehealth in behavioral health, including improved access to services, positive treatment outcomes from individual and group therapy, empowering clients to build social networks, and reduced costs.

The benefits of telehealth for social workers extend beyond their clients, as it also provides an opportunity to innovate and improve telehealth. Social workers working with the Veterans Affairs are among the professionals utilizing telehealth to facilitate better care for veterans, helping to improve their access to necessary services. Ultimately, the increased use of telehealth among social workers is an encouraging trend that has helped to bridge the gap between patients and mental healthcare services.



Telehealth for Nutritionists

Nutritionists can leverage telehealth for education, a better understanding of a patient's dietary habits, and rendering nutrition consultations related to various conditions.

In recent years, telehealth has become a powerful tool in healthcare, and registered dietitians (RDNs) have adopted its use in their practice. Nutrition and diabetes education are two areas where telehealth has had a significant impact. RDNs have found that telehealth allows for longer assessments with patients, allowing them to gain a deeper understanding of a patient's home environment and eating habits.

Telehealth consultations have become an essential part of the care process. They can include treatment measures for severe health issues like type 2 diabetes, cardiovascular disease, kidney disease, obesity, chronic kidney disease, mental health, and cancer.

Statistics reveal that approximately 40% of RDNs practice in acute care settings, while 14% work in ambulatory care or other settings. These limitations can reduce patient access to nutrition therapy and make care transitions more challenging. However, telehealth-based strategies are effectively addressing these challenges.

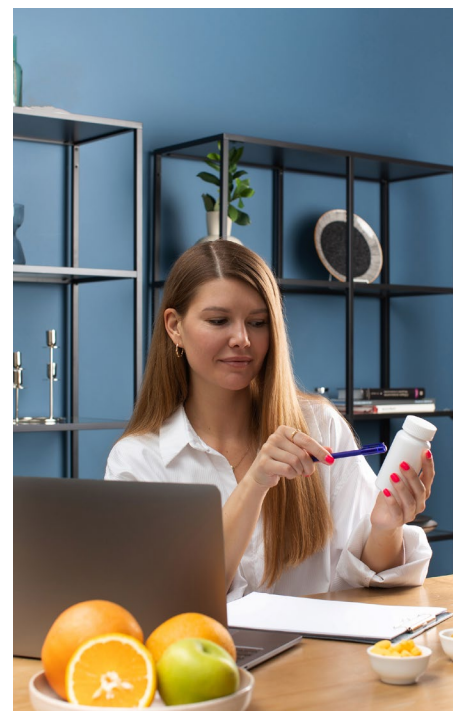
Telehealth improves patient access to nutrition therapy and engages practitioners in nutrition-focused quality improvement programs (QIP) that target care transitions and outpatient settings. As a result, patient outcomes are significantly enhanced.

Telehealth for Hospitals

Hospitals of all sizes can benefit from various telehealth tools to improve the patient experience and even reduce non-urgent visits to the ER department.

Telehealth has become more important than ever to hospitals for rendering care as they respond to consumer demand for more convenient care. Hospitals are now using telehealth to improve the patient experience by conducting virtual visits, utilizing secure online patient portals, videoconferencing tools, remote monitoring with connected medical devices, and telehealth apps that facilitate chat and appointment scheduling.

Telehealth has also become an effective tool for follow-ups and management of chronic conditions such as cardiovascular disease, high blood pressure, diabetes, HIV, end-stage renal disease, asthma, and obesity. Hospital patients can get in touch with specialists with greater ease and convenience. Moreover, telehealth technology has helped hospitals to augment their offerings. For example, specialists who would usually provide on-site expertise for surgeries have been able to monitor surgeries remotely, reducing the need to travel.



Telehealth also helps hospitals to manage emergency departments, enabling patients with non-urgent conditions to seek care without the need to visit physically. For aging adults requiring medical attention, telehealth can potentially reduce hospital visits by [27%](#).

Overall, hospitals that adopt telehealth solutions have seen significant benefits, including increased patient satisfaction rates, decreased hospital readmissions, and improved patient outcomes. Additionally, telehealth has proven to be a cost-effective solution that delivers accessible and quality patient care.



Telehealth for Urgent Care

Urgent Care centers that utilize telehealth often see fewer patients, reducing staff burden.

Virtual visits have been shown to help alleviate the burden on urgent care facilities facing an overwhelming number of patients each day. Cigna's [recent study](#) revealed that urgent care centers that offer virtual consultations saw 19% fewer patients than those that do not.

Telehealth has also proven effective in reducing unnecessary visits to urgent care clinics. This is especially beneficial to individuals who do not have regular physicians, which often leads them to seek care at urgent care facilities. Unfortunately, close to a [third](#) of Americans lack access to primary care, highlighting the importance of telehealth and its effectiveness in providing patients with convenient and cost-effective care delivery.

One significant advantage of telehealth is the cost savings it promotes for both patients and providers. According to Cigna healthcare data, a virtual visit costs an average of \$93 less compared to an in-person visit, which could translate into significant savings for patients. Moreover, virtual screenings can help patients without a primary care provider determine if they have a health condition, enabling them to seek care before their ailment progresses, saving costs, and promoting better health outcomes overall.



Telehealth for OBGYNs

OBGYNs use telehealth to increase access to care, monitor high-risk pregnancies, and conduct follow-up visits for pregnancy and postpartum care.

The integration of telehealth into obstetrics and gynecology (OBGYN) has improved healthcare outcomes for women worldwide. Telehealth services have demonstrated their potential to effectively manage various reproductive health issues, from contraception to postpartum care. As per statistics, telehealth interventions are associated with positive improvements in obstetric outcomes, particularly for those who are experiencing a high-risk pregnancy.

Telehealth is critical in monitoring pregnancy and postpartum care, enabling remote tracking of a patient's

blood pressure and fertility tracking. Furthermore, remote monitoring and virtual visits can play a significant role in areas with a barrier to accessing care, as revealed by a [review](#) on obstetrics, family planning, and general women's health services.

In high-risk pregnancies, patient-generated data transmitted using remote monitoring and mobile phones resulted in fewer scheduled outpatient visits for diabetes and hypertension management. This shows significant promise in reducing overhead costs and enhancing care access for high-risk patients.

Telehealth for Neurologists

Telehealth is bridging the increasing gap between neurologist availability and an increase in neurological conditions within the global population.

The shortage of neurologists nationwide has left many patients struggling to access essential care for neurological conditions. However, through telehealth technologies, neurologists can offer patients timely, cost-effective, and high-quality care regardless of geographic location or mobility challenges.

According to the [American Medical Association](#), 98% of neurologists used telehealth in 2021, testifying to the growing acceptance of remote care options. In tandem, 66% of neurologists agreed that telehealth increased their professional satisfaction, suggesting that telehealth could benefit providers and patients.

For patients suffering from neurological disorders, many of whom have disabilities or limited resources, traveling long distances for in-person care is simply impractical.





Telehealth offers a solution to this predicament, the need for travel and related expenses. This also allows for more sub-specialized neurologic care remote areas that were previously inaccessible.

Furthermore, 70% of providers have reported increased continuity of care by patients through telehealth. For an aging population, telehealth is the only way to provide care efficiently, as many older individuals often need added care and services as they age.

Telehealth applications used by neurologists generally include features that extend beyond videoconferencing abilities, such as secure chat and file transfer, and the ability to have patients complete paperwork online. Proper implementation of telehealth is imperative for successful patient outcomes; therefore, neurologists must be adequately trained to use these technologies to their full potential.

Given these benefits, it is compelling that telehealth is embraced and incorporated as a critical component of neurological care. By doing so, we can narrow the gap between supply and demand, granting patients greater access to neurologic care while increasing neurologists' satisfaction.

SecureVideo's Comprehensive Telehealth Solution Caters to Your Unique Practice Needs

SecureVideo offers a HIPAA-compliant telehealth solution that suits the needs of practitioners in nearly every corner of healthcare. Our platform provides all the features you need to deliver patient care remotely. With the ability to provide stable, seamless, and secure videoconferencing, SecureVideo ensures that your practice can provide the highest quality care to patients.

Our telehealth solution makes patient-provider communication infinitely more convenient and efficient. With our platform, you can easily schedule appointments,

send patient reminders and messages, securely store data, accept payments, and even conduct group sessions, depending on your practice type.

SecureVideo is committed to providing an excellent telehealth experience to medical professionals and their patients. Our platform is designed with ease of use and stability in mind, effectively simplifying the process of remote care, so you can focus on delivering the best healthcare experience to your patients.

Get in touch with us today.