Telehealth is as Effective in Rehab Therapy as In-Person Care

According to Analysis of 40,000+ Episodes, Data from FOTO, a Net Health Company — FOTOINC.COM

We found nearly 4,000 episodes of care administered using telehealth for 4 levels of intensity:

1: any level — 2: less than half of visits — 3: most visits — 4: all visits

Both telehealth & non-telehealth are equally effective for improving functional status at all telehealth intensity levels.

Episodes of care involving telehealth had an average of 2-3 fewer visits, suggesting use of telehealth may promote greater efficiency of care.

Patients were equally satisfied with their therapy care regardless of whether any care visits were administered using telehealth.

What we discovered

The data we looked at

We compared 3 key performance indicators:

Propensity scoring methods (PSM): simulating randomized control trials used to match patients with and without telehealth administration during episode of care

Functional status outcomes

# of visits at rehabilitation discharge

Patient satisfaction with care

What does this mean for rehab therapists?

Compared 3 key performance indicators:

Propensity scoring methods (PSM):

Functional status outcomes

# of visits at rehabilitation discharge

Patient satisfaction with care

• >50 years old with medical complexities

• 49% with chronic conditions

• 65% with ≥ 3 medical comorbidities

Fastest Growing Rehab Population

Telehealth enables rehab practices to care for a growing population of elderly and sick people.

Peace of mind — telehealth is effective.

Ability to extend reach after COVID-19 to those who have difficulty attending due to living in rural or remote areas or have other transportation limitations.

Expanding care to chronically ill and elderly patients unable to receive rehab services without leaving their homes.

Delivering more efficient care (i.e., same results in fewer visits) enhances ability to compete in a value-based reimbursement world.

Increased potential to expand practices with more patients.

7 Suggestions for Moving Forward...

Feel confident that telehealth can be effective for patient care during pandemic.

Start by just phasing in a few telehealth visits or certain patient conditions.

Integrate telehealth with traditional on-site care.

Focus telehealth content on patient education & monitoring home program.

Consider using telehealth post-discharge to improve self-care and enhance loyalty.

Offer telehealth “booster” visits in between in-person visits for those who need more care.

Integrate telehealth with current EHR system to facilitate record review, efficient billing, HIPAA compliance and reimbursement.

With so many changes happening in the healthcare landscape, it is critical to be successful and relevant in an increasingly competitive industry.

Learn more about outcomes management by downloading our ebook on the "3 Things You Need to Know When Choosing an Outcomes Management System."