

# Preventive Care and Telehealth During COVID-19



# WPSI

Women's Preventive Services Initiative

Wednesday, August 19, 2020

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## Disclaimer

This project was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number UHOMC29940, Bright Futures for Women's Health: Standard Practice Guidelines for Well Women Care.

This information or content and conclusions are those of the author and should not be construed as the official position nor policy of, nor should any endorsements be inferred by HRSA, HHS, or the U.S. Government.

# Objectives

- Define telehealth and telehealth modalities
- Summarize WPSI recommendations
- Leveraging telehealth to deliver WPSI recommendations

# Presenter

## Diana Ramos,MD,MPH,MBA,FACOG

- Adjunct Associate Clinical Professor at the Keck School of Medicine of the University of Southern California, Department of Ob/Gyn
- Co-Chair for the WPSI Dissemination and Implementation Steering Committee (DISC) and has worked to develop tools to assist clinicians and providers increase their knowledge of preventive services
- Incoming Chair for ACOG District IX (CA)



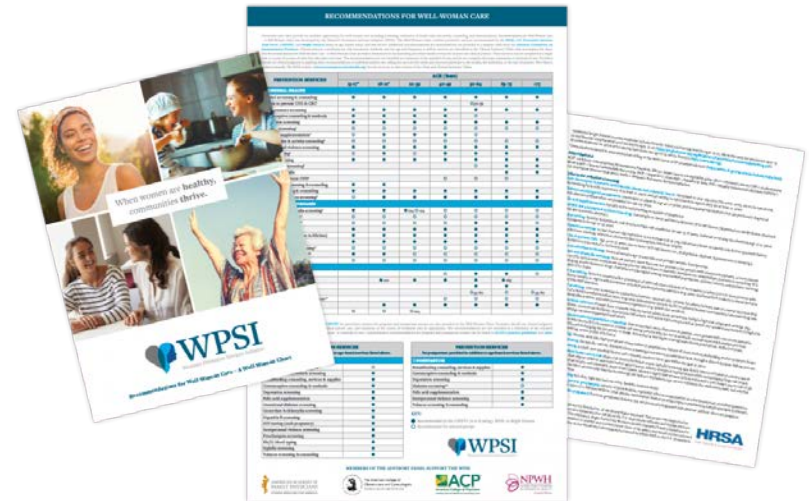
No Conflicts of Interest to Disclose

# Women's Preventive Services Initiative

**Purpose:** Develop/update preventive health care recommendations for *women* across their *lifespan*

**Funding:**  
Health Resources and Services Administration (HRSA)

**Covered Benefits:**  
Plans are required to provide coverage without cost sharing to recommendations accepted by HRSA



# Benefits of Preventive Care

- Improve health of women & their families
- Early identification of risk factors and disease
- Allow for more effective management
- Prevention of additional complications

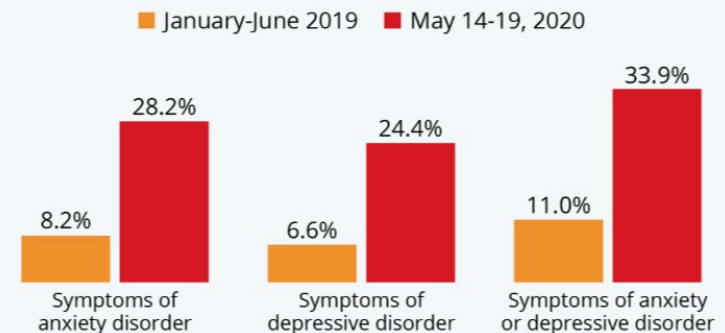


# Impacts of COVID-19 on Preventive Care

- 78% of patients are deferring/delaying preventive/chronic care visits
- Less than 17% of clinicians are relying heavily on virtual visits and 58% are conducting the majority of patient visits in-person
- 80% of clinicians say patient mental health burden is heavier than usual – a concern for which most find telehealth beneficial

## Pandemic Causes Spike in Anxiety & Depression

% of U.S. adults showing symptoms of anxiety and/or depressive disorder\*



\* Based on self-reported frequency of anxiety and depression symptoms. They are derived from responses to the first two questions of the eight-item Patient Health Questionnaire (PHQ-2) and the seven-item Generalized Anxiety Disorder (GAD-2) scale.

Sources: CDC, NCHS, U.S. Census Bureau

\*CDC, NCHS, US Census Bureau. Patient Health Questionnaire. Retrieved from: <https://www.statista.com/chart/21878/impact-of-coronavirus-pandemic-on-mental-health/>

\*Primary Care Collaborative. Quick COVID-19 Survey Primary Care Summary. Retrieved at: [https://www.pccpc.org/sites/default/files/news\\_files/C19%20Series%2017%20National%20Executive%20Summary.pdf](https://www.pccpc.org/sites/default/files/news_files/C19%20Series%2017%20National%20Executive%20Summary.pdf)



# Telehealth

Telehealth: “a clinician’s use of information and communication technology (ICT) in the delivery of clinical and nonclinical health care services.”



## Synchronous

- Real-time telephone
- Live audio-video interaction

## Asynchronous

- Store and forward technology
- Patient portals

## Remote Patient Monitoring

- Clinical measurement reporting
- Patient wearable devices



# Recent Legislative and Policy Changes

- HIPAA Flexibility include new technology platforms
- FQHCs and RHCs can serve as eligible sites of care for telehealth services
- Waiver allowing healthcare providers to use telehealth and wherever the patient is located
- Providers may see both new and established patients
- Out-of-state practitioners permitted to provide telehealth services in another state

HEALTHCARE WORKERS

## Using Telehealth to Expand Access to Essential Health Services during the COVID-19 Pandemic

Updated June 10, 2020

Print Page



### Purpose of this Guidance

To describe the landscape of telehealth services and provide considerations for healthcare systems, practices, and providers using telehealth services to provide virtual care during and beyond the COVID-19 pandemic.

### Background

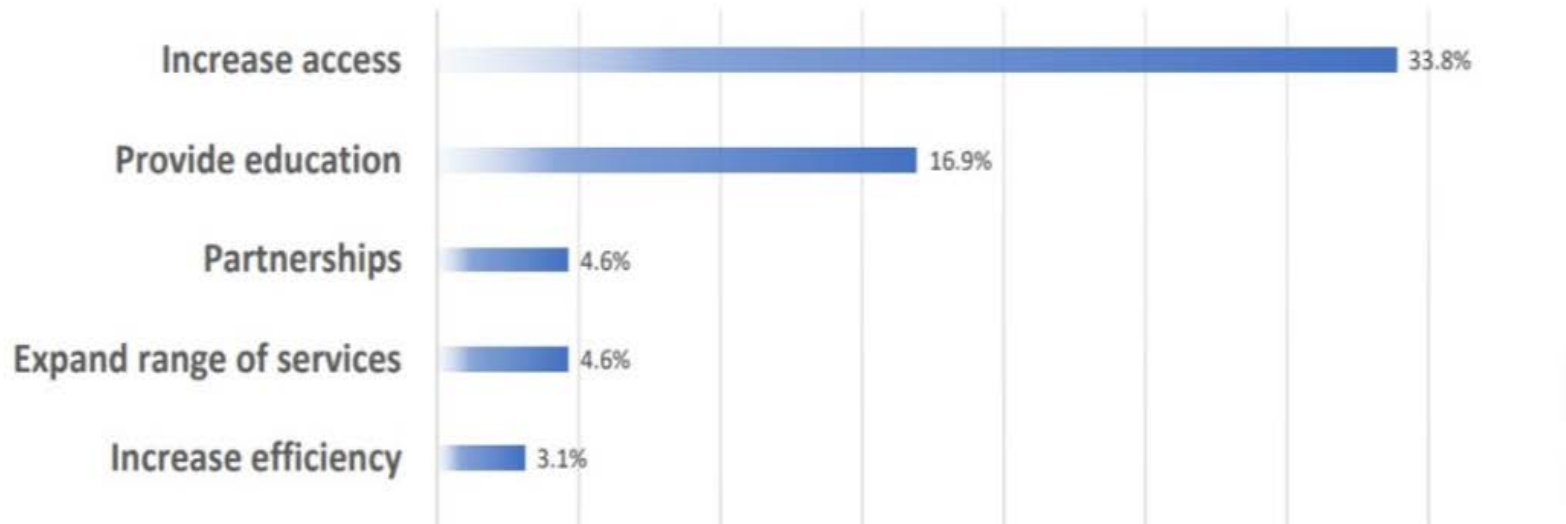
Changes in the way that health care is delivered during this pandemic are needed to reduce staff exposure to ill persons, preserve personal protective equipment (PPE), and minimize the impact of patient surges on facilities. Healthcare systems have had to adjust the way they triage, evaluate, and care for patients using methods that do not rely on in-person services. Telehealth services help provide necessary care to patients while minimizing the transmission risk of SARS-CoV-2, the virus that causes COVID-19, to healthcare personnel (HCP) and patients.

### On This Page

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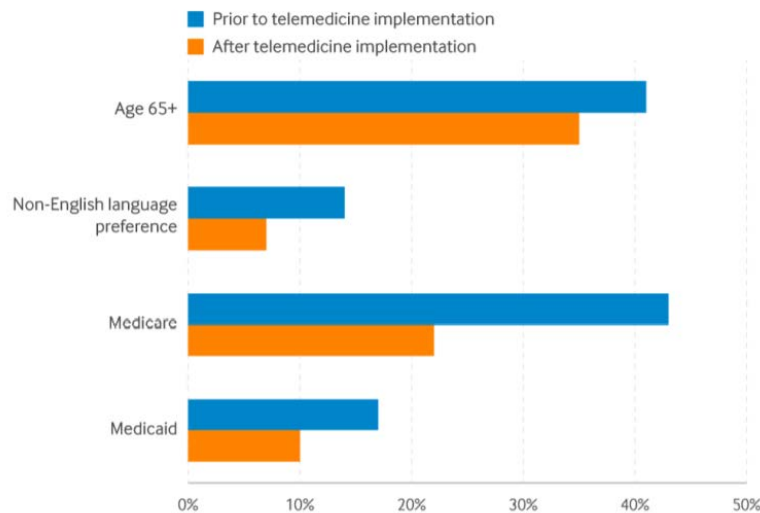
\*Centers for Disease Control and Prevention. Using Telehealth to Expand Access. Retrieved from: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/telehealth.html>

# Achievements of Telehealth



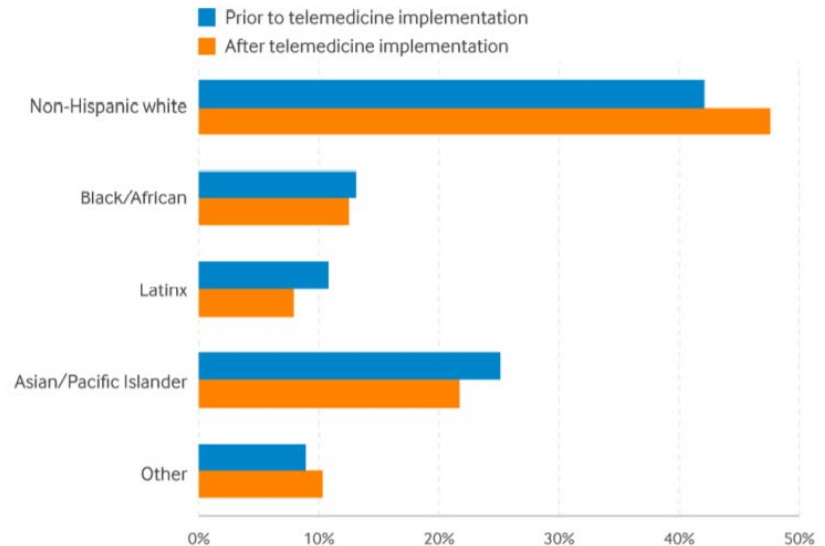
# Disparities Exist

## Patient Visit by Age, Language and Insurance Before and After Telemedicine Scale-up



Source: The authors  
NEJM Catalyst (catalyst.nejm.org) © Massachusetts Medical Society

## Patient Visit by Race/Ethnicity Before and After Telemedicine Scale-up



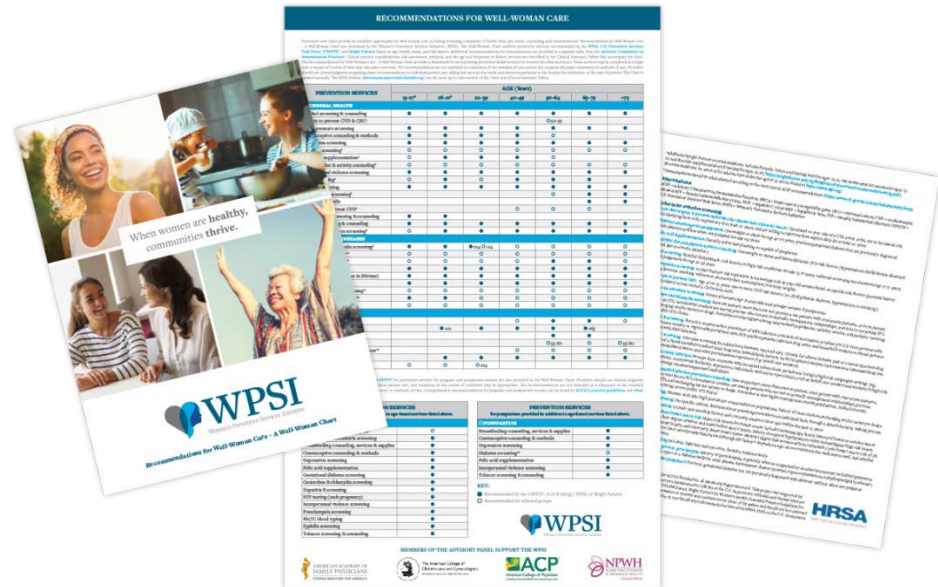
Source: The authors  
NEJM Catalyst (catalyst.nejm.org) © Massachusetts Medical Society

Noori S, Khoog E, Lyles K, Karliner L. NEJM Catalyst. Addressing Equity in Telemedicine For Chronic Disease Management During the COVID-19 Pandemic. Retrieved from: <https://catalyst.nejm.org/doi/full/10.1056/CAT.20.0123>

# Telehealth: Well-Woman Services

WPSI Recommendations that could be preformed via telehealth:

- Anxiety Screening and referral
- Contraception Counseling
- Interpersonal and domestic violence screening
- Urinary incontinence screening
- Breastfeeding services and supplies
- HIV risk assessment
- Sexually Transmitted Infection prevention counseling



# Screening for Anxiety

*“Screening for anxiety in adolescent and adult women, including those who are pregnant or postpartum.*

*...screening intervals are unknown and clinical judgement should be used to determine screening frequency.*

*Given the high prevalence ... lack of recognition... and multiple problems associated with untreated anxiety, clinicians should consider screening women who have not been recently screened.”*

## **Screening Tools (some):**

- EPDS (specifically for pregnant and postpartum women)
- PHQ-4
- HADS in adult women
- Bright Futures Y-PSC in adolescents and young women

# WPSI Resources

- Telehealth FAQ
- Billing and Coding Guide
- \*COMING SOON\*
- “How I Practice” Videos
  - Interpersonal and Domestic Violence
  - Anxiety
  - Contraception

## FAQ FOR TELEHEALTH SERVICES

WPSI mission: Health care professionals to continue to offer preventive services to their patients through telehealth whenever possible. Details and professionals about whether telehealth is available as an alternative for their patients' needs and services. With practice changes in health, hospital, or other health care settings, telehealth services that have an ongoing presence are the best strategy for providing resources to care for patients with chronic conditions, while continuing to manage care for patients who are not covered with the current system. In making these decisions, health care professionals should consider factors such as the patient population, including the need for digital resources, training, testing, and practice protocols; equipment; and the availability of staff. Each type of practice may, with an ongoing presence, telehealth group practice, hospital-based telehealth, etc. There is no single solution applicable to all situations.

WPSI has worked alongside our partners to identify telehealth resources that can help clinicians to continue to provide health care to their patients. Please see below for additional resources as well as frequently asked questions. Visit [WPSI.org/FAQ](http://WPSI.org/FAQ)

**General Telehealth Questions**

**What is telehealth?**  
The term telehealth typically refers to using technology such as computers or mobile devices to provide health care to patients. However, the term also encompasses services that may involve direct patient care through videoconferencing and remote monitoring.

**What is the difference between synchronous and asynchronous telehealth services?**  
Synchronous telehealth is real-time, one-way communication between a patient and a health care professional. Asynchronous telehealth is a two-way communication that occurs over time. The professional does not respond or interact with the patient in real-time. Asynchronous telehealth services are typically used for monitoring and management of chronic conditions.

**What are some examples of different services associated with telehealth services?**  
Telehealth services include a wide range of services such as:

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Telehealth services include a wide range of services such as:

## WPSI Women's Preventive Services Initiative

### Women's Preventive Services Initiative (WPSI) 2020 Coding Guide

### Our Speaker

**Catherine T. Witkop, MD, MPH  
Col (Ret), USAF, MC**

Dr. Catherine Talaks Witkop, MD, MPH, is the Associate Dean for Medical Education at the F. Edward Hebert School of Medicine, "America's Medical School," Uniformed Services University (USU), Bethesda, MD.

Dr. Witkop is Professor of Obstetrics & Gynecology and Preventive Medicine at USU and is board certified and clinically active in both specialties. Dr. Witkop is a Fellow of both the American College of Obstetricians and Gynecologists (ACOG) and the American College of Preventive Medicine (ACPM). She serves as USU Liaison on the Dissemination and Implementation Steering Committee and Multidisciplinary Steering Committee for the Women's Preventive Services Initiative (WPSI).

No conflicts of interests to disclose.

### Our Speaker

**Cee Ann Davis, M.D., M.P.H.,  
F.A.C.O.G., F.A.C.P.M**

Represents NACCHO on WPSI-DISC

Dr. Davis is currently Director of Blue Ridge Community Health, a nongovernmental organization providing public health and preventive health support services. She serves as Adjunct Faculty at Virginia Commonwealth University School of Medicine (teaching MPH Public Health Ethics and Interprofessional Education collaboration courses), and the Mary Baldwin University Murphy Deming School of Health Sciences (teaching the Physician Assistant women's Health Module). She received her B.A. and M.D. from U Va., and her Residency training and M.P.H. from Johns Hopkins University. She is Board Certified both in Obstetrics and Gynecology (Ob/Gyn) and in General Preventive Medicine/Public Health.

# Telehealth Resources

- [Telehealth.hhs.gov](https://telehealth.hhs.gov): US federal government site with telehealth resources for healthcare providers and patients
- HHS Telemedicine Hack: A 10-Week Learning Community to Accelerate Telemedicine Communication for Ambulatory Providers. CME Credits available. [REGISTER HERE](#).
- [National Consortium of Telehealth Resource Centers](#): Consists of 12 regional and 2 national Telehealth Resource Centers (TRCs) established to provide assistance, education, and information to organizations and individuals who are actively providing or interested in providing health care at a distance
- [Medicaid & CHIP Telehealth Toolkit](#): Provides states with statutory and regulatory infrastructure considerations related to their telehealth capabilities and coverage policies
- [American Medical Association: Telehealth Implementation Playbook](#)
- Centers for Disease Control and Prevention: [COVID19 and Telehealth Implementation Webinar: Stories from the Field](#)



## Questions? Contact WPSI Staff



New WPSI  
#WellWoman Chart



[wpsi@acog.org](mailto:wpsi@acog.org)

Join our listserv for  
announcements on upcoming  
“How I Practice” videos, patient  
perspective videos and webinars!  
[CLICK HERE TO SUBSCRIBE!](#)





*“Telehealth is the bridge to improve the health of women across the lifespan.”*

*-Diana E. Ramos*

*Thank You!*  
*[Diana@DianaMD.com](mailto:Diana@DianaMD.com)*