Preventive Care and Telehealth During COVID-19

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.

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Objectives

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

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

Achievements of Telehealth

- Increase access: 33.8%
- Provide education: 16.9%
- Partnerships: 4.6%
- Expand range of services: 4.6%
- Increase efficiency: 3.1%

Disparities Exist

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

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

Telehealth: Well-Woman Services

WPSI Recommendations that could be performed 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

*Women’s Preventive Services Initiative. Telehealth FAQ: https://www.womenspreventivehealth.org/faqs/
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
Telehealth Resources

- **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

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

- Diana E. Ramos

Thank You!
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