

According to Analysis of 40,000+ Episodes,

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

Rehab therapists who have been using telehealth visits to sustain continuity of care can now feel confident about telehealth effectiveness.

FOTO, a Net Health company offering an outcomes management software solution for rehab therapists, analyzed 40,000+ episodes of care discharged by FOTO providers in the FOTO database.<sup>1</sup>

## The data we looked at

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

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



Compared 3 key performance indicators:



Functional status outcomes



Patient satisfaction with care



# of visits at rehabilitation discharge

## What we discovered

1

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

2

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

3

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

## What does this mean for rehab therapists?



**Peace of mind** — telehealth is effective.



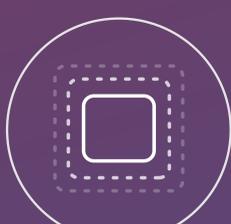
**Ability to extend reach** after COVID-19 to those who have difficulty attending due to living in rural or remote areas or have other transportation limitations.



**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.

## Fastest Growing Rehab Populations<sup>1</sup>

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



>50 years old with medical complexities

49% with chronic conditions

65% with ≥ 3 medical comorbidities

## 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 keeping, efficient billing, HIPAA compliance and reimbursement.

With so many changes happening in the healthcare landscape, FOTO's outcomes management system may be what you need to remain 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.”

<sup>1</sup> “Overview of Telehealth and Outcomes in Rehabilitation,” Mark Werneke, PT, MS, Dip. MDT, Daniel Deutscher, PT, PhD, Deanna Hayes, PT, DPT, MS