Please join me for a 2-part informative, interactive session as we explore how to get started with telepractice. During this presentation I hope that you will find answers to questions like:

- What is telepractice? Does it really work?
- What are the pros/cons?
- What are the legal and ethical considerations?
- Is telepractice right for me?
- How do I get started?

I’m putting together handouts and other resources for you that will be posted on my website before March 20: https://sites.google.com/site/medicalslpresources/shav-convention

Questions? Feel free to contact Kellyn Hall at hallkd@longwood.edu

Information & Resources

**HIPAA & Protecting Electronic Health Information**

- **HIPAA Security Rules** from American Speech-Language Hearing Association
  www.asha.org/practice/reimbursement/hipaa.

- **HIPAA's Security Rule impact on teletherapists**: An informational handout, states that communicating with others via email or other electronic means is required to be adequately protected per the Security Rule. Providers need to be sure that the email contains the minimal amount of information, verify the receiver’s email address, and confirm that the client wants to receive emails.https://www.telehealthresourcecenter.org/

- **Security of video conferencing**: According to ASHA, "Treatment sessions provided via video-conferencing software is not covered by the Security Rule". If the provider records the session and saves a copy, the saved version would be subject to the Security Rule. Know that the treatment sessions, and all related information/documentation, are subject to the Privacy Rule. "To ensure the patient's privacy during treatment sessions, clinicians should consider the use of private networks or encrypted video-conferencing
software," as recommended by ASHA
www.asha.org/practice/reimbursement/hipaa/securityrule

- ASHA’s "Resources" section (in the Telepractice section of the Practice Portal) also provides information on telepractice topics such as: telerehabilitation guidelines, links to various telepractice-related organizations, as well as links to associated topics. https://www.asha.org/PRPSpecificTopic.aspx?folderid=8589934956&section=Resources

**Professional Associations**

**American Speech-Language-Hearing Association (ASHA)**

- **Telepractice for SLPs and Audiologists** – ASHA’s telepractice portal provides an overview of telepractice, as well as links to additional resources, including as webinars and guidelines http://www.asha.org/Practice-Portal/Professional-Issues/Telepractice/

**American Telemedicine Association (ATA)**

- **The ATA Learning Center** is a resource for professional development. Available to the public are materials from ATA sponsored webinars, conferences, courses, and other events. http://www.americantelemed.org/home
- **ATA Telerehabilitation Special Interest Group (TR SIG) webpage** – Includes general resources including, ethical guidelines in telehealth, resource centers as well as published articles. https://www.americantelemed.org/main/membership/ata-members/ata-sigs/telerehabilitation-sig
- **List of accredited training programs.** http://www.americantelemed.org/main/ata-accreditation/training-programs
- **Center for Telehealth and e-Health Law (CTeL)** - CTeL is a diverse telehealth and e-Health consulting firm providing legal, regulatory, policy compliance, business development, and marketing expertise in all facets of telehealth. http://ctel.org

**Providers**

- **ihear Online Therapy** provides on-line therapy to children who are deaf or hard of hearing with cochlear implants. https://sjid.org/services/ihear-internet-therapy/
- **Sound Beginnings** at Utah State University is an early education program that provides home and center-based services to children with hearing loss whose families want their children to learn to listen and talk. http://www.soundbeginnings.usu.edu/
- **Sunny Days** is a pioneer in the areas of autism and early intervention services. Their virtual intervention therapy services, also known as tele-intervention, are conducted online through video and audio communication tools. http://www.sunnydays.com/virtualintervention
Scholarly Articles and Chapters


This article is a resource for program development; it addresses clinical, technical, administrative, and ethical considerations.
http://telerehab.pitt.edu/ojs/index.php/Telerehab/article/view/6063

The Visiting Nurse Service Speech Telehealth Program combines traditional in-person home therapy sessions with interactive audio and visual telepractice technology. Patients in the program exhibit a range of speech and language disorders – from aphasia to Parkinson’s disease. https://leader.pubs.asha.org/article.aspx?articleid=2289803

This article provides an overview of research related to telerehabilitation and early intervention services. The article demonstrates the use of telerehabilitation in early intervention through case examples. http://telerehab.pitt.edu/ojs/index.php/Telerehab/article/viewFile/6071/6301

This study researched the use of telehealth / telerehabilitation services to provide occupational therapy to two families in rural areas. It also involved exploration and piloting of various telecommunications technology.

The article discusses the regulatory and legal implications associated with the use of a telehealth service delivery model within the professions of occupational therapy, physical
therapy, speech-language pathology and audiology.
http://telerehab.pitt.edu/ojs/index.php/Telerehab/article/view/6077

This article reports the findings of a survey of state’s Part C coordinators about their state’s use of telehealth approaches to provide early intervention services.
http://telerehab.pitt.edu/ojs/index.php/Telerehab/article/view/6105

This article highlights a team-based telehealth approach to improve outcomes for young children.


This study describes the use of desktop videoconferencing to develop intervention, train and consult with teachers, and collect data related to functional communication training for one young child with autism.


The article discusses the Sound Beginnings Program, which is piloting and evaluating SLP services delivered in the child’s home by video conferencing.

http://www.infanthearing.org/resources_home/events/docs_events2011/tele-intervention.pdf

**Using Telepractice to Improve Outcomes for Children with Hearing Loss & Their Families**


The use of a model of therapy for young children w/ ASD demonstrated distance strategies were as effective as face-to-face strategies to train therapists to support parents in interventions with young children with ASD – based on Sally Rogers CO model.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2777219/


http://telerehab.pitt.edu/ojs/index.php/Telerehab/article/view/6186


http://telerehab.pitt.edu/ojs/index.php/Telerehab/article/view/6056


http://telerehab.pitt.edu/ojs/index.php/Telerehab/article/view/6070


**Technology Information & Resources**


Behavior Imaging Solutions - https://behaviorimaging.com/
GoToMeeting - http://www.gotomeeting.com/fec/
Vidyo - http://www.vidyo.com/
VSee - http://vsee.com/

**Technology Materials**

- **Internet**
  - Avoid using Wi-Fi for teletherapy. It’s best to be hardwired into your router using an Ethernet cable. Wi-Fi may not supply enough bandwidth and Wi-Fi is can be less secure according to HIPAA compliance guidelines.
  - Internet speed should be no less than 5GB upload/download
  - Resource to test internet speed- Speedtest by Ookla - The Global Broadband Speed Test
    Test your Internet connection bandwidth to locations around the world with this interactive broadband speed test from Ookla- http://www.speedtest.net/

- **Computer**
  - Solid State Hard Drive: SSD hard drives in computers will be much smaller (usually starting at 128 GB) than traditional hard drives
  - Needs to have at least 2.5 GHz processing speed, 8 GB RAM and as much storage space as you can afford (1 TB?)
    - Optional- 250 GB and store any materials you create or find for teletherapy in DropBox, BOX, etc.
    - Built in vs external speakers
  - Remove "bloatware": This is a pre-installed software that slows down computers. Here is a program that makes it easy and fast to remove the bloatware- https://www.pcdecrapifier.com/

- **Screens**
  - Two monitors to use as a dual screen OR one screen no less than 17".
    - This one is popular- ASUS 21' external monitor ($100)
      https://www.amazon.com/ASUS-VS228T-P-1920x1080-Back-lit-Monitor/dp/B00ONSBAEA

- **External Webcam**
  - I use a Logitech webcam (from Amazon- https://www.amazon.com/Logitech-Webcam-C210-Cameras-Frames/dp/B003LVZO88

- **Headset**
Web Resources

- **Office of Rural Health Policy.** There are national 14 national TRCs which include 12 Regional Centers. These centers are focused on areas of technology assessment and telehealth policy. [http://www.telehealthresourcecenter.org/](http://www.telehealthresourcecenter.org/)

- **Telehealth and EHDI Systems,** a National Center for Hearing Assessment and Management (NCHAM) at the University of UTAH defines telehealth, offers examples in health and Early Intervention, and provides various resources including early intervention. [www.infanthearing.org/telehealth](http://www.infanthearing.org/telehealth)

- **Timely Diagnosis: A Resource Guide Supporting TeleAudiology,** is a resource guide/toolkit, which includes recommendations for and states’ experiences with remote audiological testing of infants and young children. [http://www.infanthearing.org/teleaudiology/](http://www.infanthearing.org/teleaudiology/)

- **Telehealth Resource Centers (TRCs)** are funded by the U.S. Department of Health and Human Services’ Health Resources and Services Administration (HRSA).

- **Tele-Intervention Resource Guide** highlights recommended practices for providing early intervention services to families of infants and toddlers with hearing loss via telepractice. The guide offers information about technology considerations, licensure and reimbursement, as well as how to ensure privacy and security. [www.infanthearing.org/ti-guide](http://www.infanthearing.org/ti-guide)

- **The speech pathology clinic at Waldo County General Hospital** in Maine offers two-day web-based ASHA-accredited training program on telepractice. The training enables participants to meet the highest level of professional competencies for secure, ethical, and effective telepractice delivery. [http://www.mainespeechtherapy.org/](http://www.mainespeechtherapy.org/)

Adapted from Sharon Ringwalt’s “Telepractice Resources”