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Protocol: The Effectiveness of Telehealth as a Means for Administering Physical Therapy

Haley Gruber

Samantha Missal

Gerald Vitale

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BACKGROUND & PURPOSE

Background: The COVID-19 pandemic has led to more research regarding the effectiveness of telehealth as a means for administering healthcare services. Telehealth has become more widely used in 2020 and 2021 due to its growing relevance relating to the COVID-19 pandemic. There has been a large decline in the amount of patients seeking in person care in many hospitals. Patients have sought out telehealth as a healthcare solution for varying reasons.

Purpose: The aim of this study is to evaluate the effectiveness of telehealth as a means for administering physical therapy services.

METHODS

Design: This will be a descriptive analysis research study design carried out through the means of an electronic survey. A paper or electronic flyer for this study provides a QR code and direct URL link for participants to access the electronic survey.

Setting: The participants will be obtained through Pro Bono clinics that are willing to participate in the study who are registered in the Pro Bono Network. Analysis will be performed at Misericordia University in Dallas, Pennsylvania.

Participants: We hope to obtain 100 participants to complete our survey. The participants will include patients/caregivers, physical therapists, student physical therapists, physical therapist assistants, and student physical therapist assistants who have participated in telehealth physical therapy sessions.

Data analysis: Descriptive statistics will be used for analysis of data.

EXPECTATIONS

Expectations: We expect that patients and clinicians will be satisfied with their telehealth experiences, but may prefer traditional face-to-face physical therapy. We also expect that telehealth satisfaction may be dependent on patient diagnosis.

FURTHER RESEARCH

- Hybrid physical therapy services
- Physical therapy diagnoses appropriate for telehealth
- Populations that would benefit from pure telehealth

PERSPECTIVES OF TELEHEALTH PARTICIPANTS*

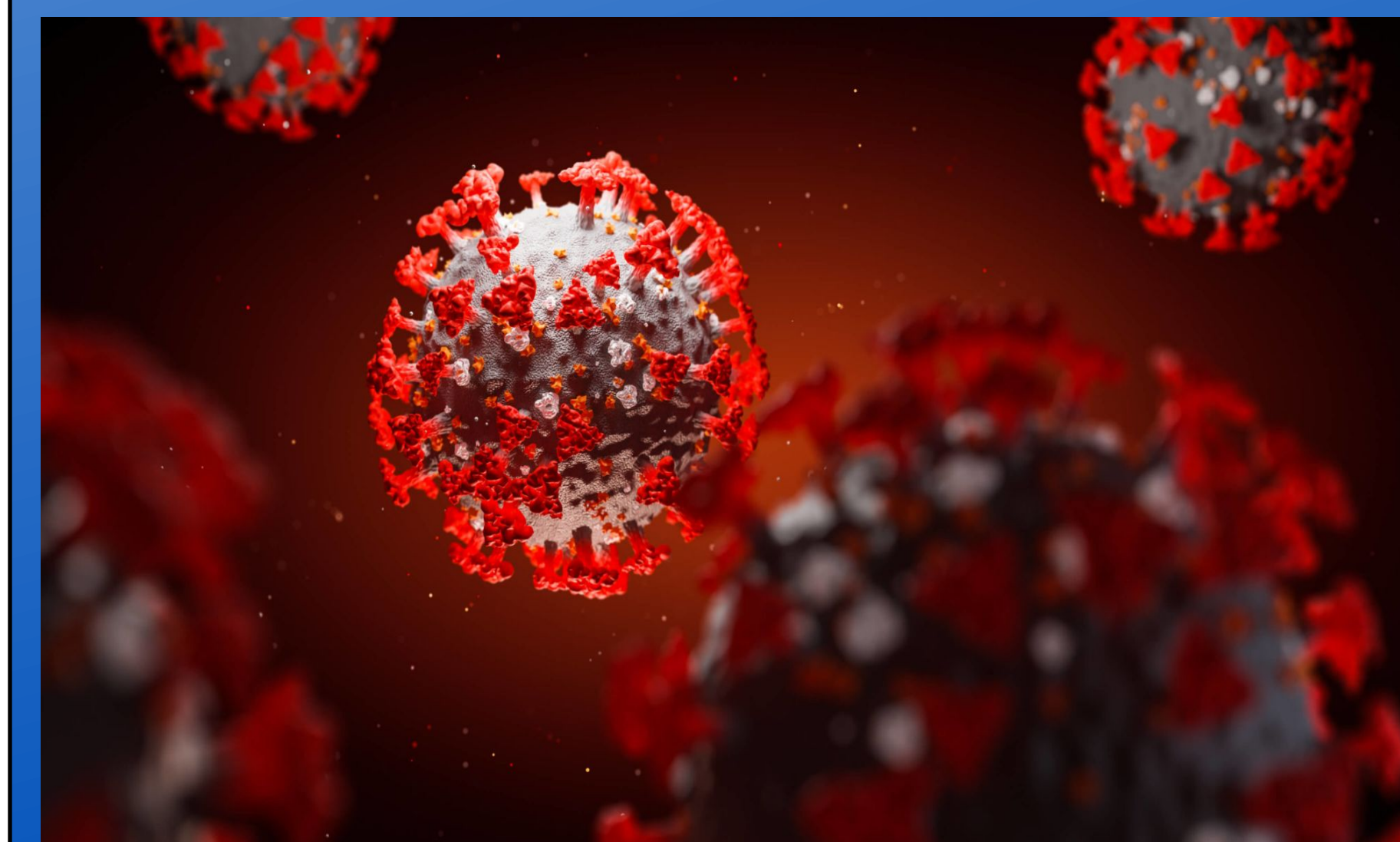
“If it wasn’t for telehealth I would of have had no guidance or advice, but at the same time telehealth pretty much made me become my son’s therapist.” - Parent of pediatric patient

“A major benefit to telehealth is the ability to to see what a patient has available to them, in order to put together an effective home exercise plan.” - PT who administered both traditional PT and telehealth

“My goals were met, my shoulder did improve, the ROM did improve, but the goal of just stopping physical therapy just didn’t work for me. I needed that hands-on, to know it was ok.” - Patient who received traditional PT and telehealth

“When I was going to physical therapy in person, there were some older people there who said, as simple as it may seem, coming to therapy is the only time I get out of the house, to see and interact with other people.” - Patient who received traditional PT and telehealth

* These perspectives were obtained from three telehealth users who will not be study participants.



Gettyimages-1208953647-1-scaled-1.jpg



We are inviting you to participate in this study!

This is an electronic survey asking for information about your experiences from your physical therapy services provided virtually through telehealth.

You are eligible to complete this survey if you have participated in telehealth physical therapy services, and if you are a PT, PT student, PTA, PTA student, patient, or caregiver or family member of a patient who is unable to complete the survey on their own.

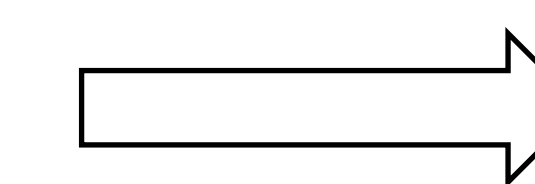
The survey should take no longer than 10 minutes to complete!

You have the chance to win a \$25 Amazon gift card at the end of the survey!



<https://tinyurl.com/c558mst4>

To preview our proposed consent form and survey questions please scan the QR code to the right.



You may select either the patient or therapist survey, but please do not submit the surveys if you are not a participant in this study.