WEBVTT

NOTE duration:"00:58:31.2000000"

NOTE language:en-us

NOTE Confidence: 0.85816014

00:00:22.180 --> 00:00:23.524 Alright, good afternoon everybody.

NOTE Confidence: 0.85816014

00:00:23.524 --> 00:00:26.040 I think we're going to get started.

NOTE Confidence: 0.85816014

00:00:26.040 --> 00:00:28.794 I'm Lauren Tobias and I'd like to welcome you

NOTE Confidence: 0.85816014

00:00:28.794 --> 00:00:31.659 to our yield sleep seminar this afternoon.

NOTE Confidence: 0.85816014

00:00:31.660 --> 00:00:33.088 A few brief announcements

NOTE Confidence: 0.85816014

00:00:33.088 --> 00:00:35.520 before I turn it over to Dr.

NOTE Confidence: 0.85816014

00:00:35.520 --> 00:00:37.620 Ian Weird to introduce today's speaker,

NOTE Confidence: 0.85816014

00:00:37.620 --> 00:00:39.660 please. First take a moment to

NOTE Confidence: 0.85816014

00:00:39.660 --> 00:00:42.158 ensure that you're muted in order to

NOTE Confidence: 0.85816014

00:00:42.158 --> 00:00:43.938 receive CME credit for attendance,

NOTE Confidence: 0.85816014

00:00:43.940 --> 00:00:46.397 please see the chat room for instructions.

NOTE Confidence: 0.85816014

00:00:46.400 --> 00:00:49.172 You can text the unique ID for

NOTE Confidence: 0.85816014

00:00:49.172 --> 00:00:51.050 this conference until 3:15 PM.

NOTE Confidence: 0.85816014

00:00:51.050 --> 00:00:52.790 If you're not already registered with

NOTE Confidence: 0.85816014

00:00:52.790 --> 00:00:55.128 Chelsea and me will need to do that first.

NOTE Confidence: 0.85816014

00:00:55.130 --> 00:00:56.490 If you have any questions

NOTE Confidence: 0.85816014

00:00:56.490 --> 00:00:57.306 during the presentation,

NOTE Confidence: 0.85816014

00:00:57.310 --> 00:00:59.566 please make use of the chat room throughout

NOTE Confidence: 0.85816014

00:00:59.566 --> 00:01:01.821 the hour and we will invite you to unmute

NOTE Confidence: 0.85816014

00:01:01.821 --> 00:01:03.828 at the end and ask your questions.

NOTE Confidence: 0.85816014

00:01:03.830 --> 00:01:06.210 Also, if you so choose.

NOTE Confidence: 0.85816014

00:01:06.210 --> 00:01:08.502 I have recorded versions of these

NOTE Confidence: 0.85816014

00:01:08.502 --> 00:01:10.366 lectures available online within two

NOTE Confidence: 0.85816014

00:01:10.366 --> 00:01:12.574 weeks at the link provided in the chat,

NOTE Confidence: 0.85816014

00:01:12.580 --> 00:01:13.296 and finally,

NOTE Confidence: 0.85816014

00:01:13.296 --> 00:01:15.444 please feel free to share announcements

NOTE Confidence: 0.85816014

00:01:15.444 --> 00:01:17.774 about our weekly lecture series to anyone

NOTE Confidence: 0.85816014

00:01:17.774 --> 00:01:20.042 else who you think may be interested

NOTE Confidence: 0.85816014

00:01:20.042 --> 00:01:21.980 or you can can't contact Debbie

NOTE Confidence: 0.85816014

00:01:21.980 --> 00:01:24.640 Lovejoy to be added to our email list.

NOTE Confidence: 0.85816014

00:01:24.640 --> 00:01:26.482 So with that I'm going to

NOTE Confidence: 0.85816014

00:01:26.482 --> 00:01:28.320 turn it over to Doctor.

NOTE Confidence: 0.85816014

00:01:28.320 --> 00:01:29.068 We're alright.

NOTE Confidence: 0.85816014

00:01:29.068 --> 00:01:29.816 Hi everyone,

NOTE Confidence: 0.85816014

00:01:29.816 --> 00:01:32.060 in Ware program director for pulmonary

NOTE Confidence: 0.85816014

00:01:32.126 --> 00:01:33.830 and Sleep Medicine at New York

NOTE Confidence: 0.85816014

00:01:33.830 --> 00:01:36.043 Hospital and I have the honor today

NOTE Confidence: 0.85816014

00:01:36.043 --> 00:01:37.743 to introduce our Speaker Doctor.

NOTE Confidence: 0.85816014

00:01:37.750 --> 00:01:39.610 Santos Fagella he's one of

NOTE Confidence: 0.85816014

00:01:39.610 --> 00:01:41.098 our Sleep Medicine fellows,

NOTE Confidence: 0.85816014

00:01:41.100 --> 00:01:43.212 so before starting his fellowship he

NOTE Confidence: 0.85816014

00:01:43.212 --> 00:01:45.446 did his internal medicine training at

NOTE Confidence: 0.85816014

00:01:45.446 --> 00:01:47.351 Waterbury Hospital and then completed

NOTE Confidence: 0.85816014

00:01:47.351 --> 00:01:49.290 his pulmonary and critical care

NOTE Confidence: 0.85816014

00:01:49.290 --> 00:01:51.504 training at Norwalk Hospital and Yale,

NOTE Confidence: 0.85816014

00:01:51.510 --> 00:01:53.748 New Haven for critical care Medicine.

NOTE Confidence: 0.85816014

00:01:53.750 --> 00:01:56.254 And then I was lucky to convince him

NOTE Confidence: 0.85816014

00:01:56.254 --> 00:01:59.174 to stay for an extra year of Sleep

NOTE Confidence: 0.85816014

00:01:59.174 --> 00:02:01.602 Medicine where he's about to finish

NOTE Confidence: 0.85816014

00:02:01.602 --> 00:02:03.787 up his Sleep Medicine fellowship.

NOTE Confidence: 0.85816014

00:02:03.790 --> 00:02:06.387 Doctor Miguel almost didn't become a doctor,

NOTE Confidence: 0.85816014

00:02:06.390 --> 00:02:07.533 he was actually.

NOTE Confidence: 0.85816014

00:02:07.533 --> 00:02:09.438 An engineer and a paramedic,

NOTE Confidence: 0.85816014

00:02:09.440 --> 00:02:11.491 and Luckily he was swayed to come

NOTE Confidence: 0.85816014

00:02:11.491 --> 00:02:13.459 and pursue a medicine career,

NOTE Confidence: 0.85816014

00:02:13.460 --> 00:02:15.798 and we're very lucky to have him.

NOTE Confidence: 0.85816014

00:02:15.800 --> 00:02:18.145 Also some good news about Doctor Fagella.

NOTE Confidence: 0.85816014

00:02:18.150 --> 00:02:20.628 He's welcoming his first child in a

NOTE Confidence: 0.85816014

00:02:20.628 --> 00:02:23.466 few weeks to and so he's very excited

NOTE Confidence: 0.85816014

00:02:23.466 --> 00:02:25.834 with his wife to have a daughter

NOTE Confidence: 0.85816014

00:02:25.834 --> 00:02:28.534 and this is going to be a new life

NOTE Confidence: 0.85816014

00:02:28.534 --> 00:02:30.538 for him and he's very excited.

NOTE Confidence: 0.85816014

00:02:30.540 --> 00:02:32.885 Once he finishes his Sleep Medicine training,

NOTE Confidence: 0.85816014

00:02:32.890 --> 00:02:35.282 he will be off as a pulmonary critical

NOTE Confidence: 0.85816014

00:02:35.282 --> 00:02:38.248 care and sleep attending in Sarasota Springs.

NOTE Confidence: 0.85816014

00:02:38.250 --> 00:02:39.900 Beautiful upstate New York with

NOTE Confidence: 0.85816014

00:02:39.900 --> 00:02:41.921 great weather and act or outdoor

NOTE Confidence: 0.85816014

00:02:41.921 --> 00:02:44.105 activities and he's going to be being

NOTE Confidence: 0.85816014

00:02:44.105 --> 00:02:46.496 a great asset to their Medical Group.

NOTE Confidence: 0.85816014

00:02:46.500 --> 00:02:48.705 So with that I'd like to introduce

NOTE Confidence: 0.85816014

00:02:48.705 --> 00:02:50.775 Doctor Miguel who will be talking

NOTE Confidence: 0.85816014

00:02:50.775 --> 00:02:52.535 about Tele Health and talking

NOTE Confidence: 0.85816014

00:02:52.535 --> 00:02:54.538 about really all the aspects of

NOTE Confidence: 0.85816014

00:02:54.538 --> 00:02:56.392 Tele Health with a unique twist.

NOTE Confidence: 0.85816014

00:02:56.400 --> 00:02:57.720 So here we go.

NOTE Confidence: 0.85816014

00:02:57.720 --> 00:02:58.710 Take it away.

NOTE Confidence: 0.8634358

00:02:59.470 --> 00:03:00.406 Thanks Doctor Weir.

NOTE Confidence: 0.8634358

00:03:00.406 --> 00:03:01.650 Hello everyone, good afternoon.

NOTE Confidence: 0.8634358

00:03:01.650 --> 00:03:02.890 Thanks for joining us

NOTE Confidence: 0.8634358

00:03:02.890 --> 00:03:04.460 today as Doctor Weir said,

NOTE Confidence: 0.8634358

00:03:04.460 --> 00:03:06.332 I'll be talking today a little

NOTE Confidence: 0.8634358

00:03:06.332 --> 00:03:07.580 bit about Sleep Medicine,

NOTE Confidence: 0.8634358

00:03:07.580 --> 00:03:09.338 Tele medicine and I know we've

NOTE Confidence: 0.8634358

00:03:09.338 --> 00:03:11.640 been doing a lot of this recently,

NOTE Confidence: 0.8634358

00:03:11.640 --> 00:03:13.474 so I'm hoping to take a little

NOTE Confidence: 0.8634358

00:03:13.474 --> 00:03:15.771 bit of A twist that we haven't

NOTE Confidence: 0.8634358

00:03:15.771 --> 00:03:17.566 yet discussed or seen yet.

NOTE Confidence: 0.8634358

00:03:17.570 --> 00:03:19.901 And that's talking a little bit about

NOTE Confidence: 0.8634358

00:03:19.901 --> 00:03:21.821 the evolution of where Tele medicine

NOTE Confidence: 0.8634358

00:03:21.821 --> 00:03:24.120 is come from to what it is now,

NOTE Confidence: 0.8634358

00:03:24.120 --> 00:03:26.976 and to also discuss about where we're

NOTE Confidence: 0.8634358

00:03:26.976 --> 00:03:30.410 going in the future with Tele medicine.

NOTE Confidence: 0.8634358

00:03:30.410 --> 00:03:31.038 As always,

NOTE Confidence: 0.8634358

00:03:31.038 --> 00:03:32.294 there's no commercial support

NOTE Confidence: 0.8634358

00:03:32.294 --> 00:03:33.550 for grand rounds today,

NOTE Confidence: 0.8634358

00:03:33.550 --> 00:03:36.064 and I don't have any conflicts

NOTE Confidence: 0.8634358

00:03:36.064 --> 00:03:37.740 of interest to disclose.

NOTE Confidence: 0.8634358

00:03:37.740 --> 00:03:40.172 We're going to discuss again a few aspects

NOTE Confidence: 0.8634358

00:03:40.172 --> 00:03:42.579 of Sleep Medicine currently and again,

NOTE Confidence: 0.8634358

00:03:42.580 --> 00:03:42.867 namely,

NOTE Confidence: 0.8634358

00:03:42.867 --> 00:03:44.876 we talk a lot about Tele medicine

NOTE Confidence: 0.8634358

00:03:44.876 --> 00:03:47.134 and the models that we're currently

NOTE Confidence: 0.8634358

00:03:47.134 --> 00:03:49.154 using in our day-to-day practices.

NOTE Confidence: 0.8634358

00:03:49.160 --> 00:03:50.540 It's pretty clear that

NOTE Confidence: 0.8634358

00:03:50.540 --> 00:03:52.265 telemedicine is here to stay,

NOTE Confidence: 0.8634358

00:03:52.270 --> 00:03:54.853 so I think it's relevant to delve into the

NOTE Confidence: 0.8634358

00:03:54.853 --> 00:03:57.456 long term implementation of Tele Medicine.

NOTE Confidence: 0.8634358

00:03:57.460 --> 00:03:58.705 Really, understanding historical

NOTE Confidence: 0.8634358

00:03:58.705 --> 00:04:00.780 perspective where telemedicine came from.

NOTE Confidence: 0.8634358

00:04:00.780 --> 00:04:03.165 Talk about some of the models that are in

NOTE Confidence: 0.8634358

00:04:03.165 --> 00:04:05.748 place right now and talk about the potential

NOTE Confidence: 0.8634358

00:04:05.748 --> 00:04:07.958 future models that could be implemented.

NOTE Confidence: 0.8634358

00:04:07.960 --> 00:04:09.520 I want to also discuss,

NOTE Confidence: 0.8634358

00:04:09.520 --> 00:04:11.466 you know, as we all know how

NOTE Confidence: 0.8634358

00:04:11.466 --> 00:04:13.259 the pandemic is really shaped.

NOTE Confidence: 0.8634358

00:04:13.260 --> 00:04:13.555 Telemedicine,

NOTE Confidence: 0.8634358

00:04:13.555 --> 00:04:15.620 how as it exists right now and

NOTE Confidence: 0.8634358

00:04:15.620 --> 00:04:17.882 to look at some of the evidence

NOTE Confidence: 0.8634358

00:04:17.882 --> 00:04:19.497 that exists behind Tele medicine,

NOTE Confidence: 0.8634358

00:04:19.500 --> 00:04:20.082 you know,

NOTE Confidence: 0.8634358

00:04:20.082 --> 00:04:21.537 is it really not inferior

NOTE Confidence: 0.8634358

00:04:21.537 --> 00:04:23.239 to face to face visits?

NOTE Confidence: 0.8634358

00:04:23.240 --> 00:04:25.736 What aspects of Sleep Medicine can we apply?

NOTE Confidence: 0.8634358

00:04:25.740 --> 00:04:27.284 Tele medicine to somewhat

NOTE Confidence: 0.8634358

00:04:27.284 --> 00:04:29.214 confidently on a regular basis?

NOTE Confidence: 0.8634358

00:04:29.220 --> 00:04:30.892 And then finally I want to end by

NOTE Confidence: 0.8634358

00:04:30.892 --> 00:04:32.402 talking about some of the current

NOTE Confidence: 0.8634358

00:04:32.402 --> 00:04:33.450 integrated platforms that exist

NOTE Confidence: 0.8634358

00:04:33.450 --> 00:04:34.998 just to showcase a little bit.

NOTE Confidence: 0.8634358

00:04:35.000 --> 00:04:36.184 Technologies are out there.

NOTE Confidence: 0.8634358

00:04:36.184 --> 00:04:37.960 I would love for this to

NOTE Confidence: 0.8634358

00:04:38.020 --> 00:04:39.328 be an interactive talk,

NOTE Confidence: 0.8634358

00:04:39.330 --> 00:04:41.864 so if anyone has any questions or

NOTE Confidence: 0.8634358

00:04:41.864 --> 00:04:43.886 needs clarification please feel free to

NOTE Confidence: 0.8634358

00:04:43.886 --> 00:04:46.520 either raise your hand or just jump right in.

NOTE Confidence: 0.8634358

00:04:46.520 --> 00:04:48.744 So let's just talk about a little bit

NOTE Confidence: 0.8634358

00:04:48.744 --> 00:04:50.537 of definitions before we get started.

NOTE Confidence: 0.8634358

00:04:50.540 --> 00:04:52.549 I think a lot of these terms

NOTE Confidence: 0.8634358

00:04:52.549 --> 00:04:53.410 are used interchangeably.

NOTE Confidence: 0.8634358

00:04:53.410 --> 00:04:54.840 Tele Medicine and Tele health.

NOTE Confidence: 0.8634358

00:04:54.840 --> 00:04:56.849 But it's important to separate them out,

NOTE Confidence: 0.8634358

00:04:56.850 --> 00:04:57.154 because,

NOTE Confidence: 0.8634358

00:04:57.154 --> 00:04:57.458 again,

NOTE Confidence: 0.8634358

00:04:57.458 --> 00:04:59.586 we are going to be using them

NOTE Confidence: 0.8634358

00:04:59.586 --> 00:05:01.486 going forward quite a bit as we

NOTE Confidence: 0.8634358

00:05:01.486 --> 00:05:03.170 have been for the past year.

NOTE Confidence: 0.8634358

00:05:03.170 --> 00:05:04.958 Tele Medicine is really what we've

NOTE Confidence: 0.8634358

00:05:04.958 --> 00:05:07.177 been doing every day for the most part.

NOTE Confidence: 0.8634358

00:05:07.180 --> 00:05:08.615 It's really a physician or

NOTE Confidence: 0.8634358

00:05:08.615 --> 00:05:09.763 clinician at one location.

NOTE Confidence: 0.8634358

00:05:09.770 --> 00:05:10.769 Using telecommunications to

NOTE Confidence: 0.8634358

00:05:10.769 --> 00:05:12.767 deliver care to patients at a

NOTE Confidence: 0.8634358

00:05:12.767 --> 00:05:14.337 distance site and that site could

NOTE Confidence: 0.8634358

00:05:14.337 --> 00:05:16.079 be their home could be an office,

NOTE Confidence: 0.8634358

00:05:16.080 --> 00:05:18.117 but it's really that one on one

NOTE Confidence: 0.8634358

00:05:18.117 --> 00:05:19.370 interaction that we're doing.

NOTE Confidence: 0.8634358

00:05:19.370 --> 00:05:21.430 And delivering medicine to patients.

NOTE Confidence: 0.8634358

00:05:21.430 --> 00:05:24.726 Tele Health is actually a much broader term.

NOTE Confidence: 0.8634358

00:05:24.730 --> 00:05:27.201 It uses a broader range of technologies

NOTE Confidence: 0.8634358

00:05:27.201 --> 00:05:29.784 and services to provide patient care

NOTE Confidence: 0.8634358

00:05:29.784 --> 00:05:31.728 and improve healthcare delivery,

NOTE Confidence: 0.8634358

00:05:31.730 --> 00:05:34.390 and it can refer to remote clinical

NOTE Confidence: 0.8634358

00:05:34.390 --> 00:05:36.670 services as in Tele medicine,

NOTE Confidence: 0.8634358

00:05:36.670 --> 00:05:39.554 but it can also refer to non

NOTE Confidence: 0.8634358

00:05:39.554 --> 00:05:40.378 clinical services.

NOTE Confidence: 0.8634358

00:05:40.380 --> 00:05:42.024 These include clinician training,

NOTE Confidence: 0.8634358

00:05:42.024 --> 00:05:42.846 administrative meetings,

NOTE Confidence: 0.8634358

00:05:42.850 --> 00:05:44.086 continuing medical education

NOTE Confidence: 0.8634358

00:05:44.086 --> 00:05:46.558 and so on and so forth.

NOTE Confidence: 0.8566943

00:05:46.560 --> 00:05:49.218 So we can consider Tele medicine

NOTE Confidence: 0.8566943

00:05:49.218 --> 00:05:51.629 as essentially a branch of the.

NOTE Confidence: 0.8566943

00:05:51.630 --> 00:05:54.550 Broader Tele health term.

NOTE Confidence: 0.8566943

00:05:54.550 --> 00:05:56.806 When I think about Tele medicine,

NOTE Confidence: 0.8566943

00:05:56.810 --> 00:05:59.449 I think of it in two ways.

NOTE Confidence: 0.8566943

00:05:59.450 --> 00:06:01.662 I think of it as a patient

NOTE Confidence: 0.8566943

00:06:01.662 --> 00:06:03.980 form and a clinician form,

NOTE Confidence: 0.8566943

00:06:03.980 --> 00:06:05.960 and the overarching themes that I

NOTE Confidence: 0.8566943

00:06:05.960 --> 00:06:08.527 think about in Tele medicine in terms

NOTE Confidence: 0.8566943

00:06:08.527 --> 00:06:10.492 of patients are really improvement

NOTE Confidence: 0.8566943

00:06:10.492 --> 00:06:12.648 of patient access to clinicians,

NOTE Confidence: 0.8566943

00:06:12.650 --> 00:06:15.658 and more so convenience to patients as well.

NOTE Confidence: 0.8566943

00:06:15.660 --> 00:06:17.874 I think convenience is starting to

NOTE Confidence: 0.8566943

00:06:17.874 --> 00:06:20.559 become a major theme in Tele medicine,

NOTE Confidence: 0.8566943

00:06:20.560 --> 00:06:24.025 and we may see that as a

NOTE Confidence: 0.8566943

00:06:24.025 --> 00:06:26.530 growing theme going forward.

NOTE Confidence: 0.8566943

00:06:26.530 --> 00:06:27.598 For clinicians, however,

NOTE Confidence: 0.8566943

00:06:27.598 --> 00:06:29.378 Tele medicine means a little

NOTE Confidence: 0.8566943

00:06:29.378 --> 00:06:31.219 bit of a different thing.

NOTE Confidence: 0.8566943

00:06:31.220 --> 00:06:32.664 Certainly it means improvement

NOTE Confidence: 0.8566943

00:06:32.664 --> 00:06:34.469 in patient access to clinicians.

NOTE Confidence: 0.8566943

00:06:34.470 --> 00:06:36.934 We obviously want to be able to have

NOTE Confidence: 0.8566943

00:06:36.934 --> 00:06:39.598 our patients see us and any modality

NOTE Confidence: 0.8566943

00:06:39.598 --> 00:06:41.182 that's validated that provides

NOTE Confidence: 0.8566943

00:06:41.182 --> 00:06:43.108 patients with improved access to

NOTE Confidence: 0.8566943

00:06:43.108 --> 00:06:45.298 clinicians should be a good thing.

NOTE Confidence: 0.8566943

00:06:45.300 --> 00:06:46.660 But also, you know,

NOTE Confidence: 0.8566943

00:06:46.660 --> 00:06:49.136 a theme that's come up and we'll

NOTE Confidence: 0.8566943

00:06:49.136 --> 00:06:51.266 talk about quite a bit inside

NOTE Confidence: 0.8566943

00:06:51.266 --> 00:06:53.691 of this talk is reimbursement

NOTE Confidence: 0.8566943

00:06:53.691 --> 00:06:56.255 legalities regarding Tele medicine.

NOTE Confidence: 0.8566943

00:06:56.260 --> 00:06:58.345 You'll find the reason that

NOTE Confidence: 0.8566943

00:06:58.345 --> 00:07:00.430 telemedicine really has been not

NOTE Confidence: 0.8566943

00:07:00.508 --> 00:07:02.968 quite popular up until recently is

NOTE Confidence: 0.8566943

00:07:02.968 --> 00:07:05.580 that it's been difficult to have

NOTE Confidence: 0.8566943

00:07:05.580 --> 00:07:07.815 reimbursement linked to these visits.

NOTE Confidence: 0.8566943

00:07:07.820 --> 00:07:10.376 It's been very limited and sporadic,

NOTE Confidence: 0.8566943

00:07:10.380 --> 00:07:13.376 and the law also was quite broad

NOTE Confidence: 0.8566943

00:07:13.376 --> 00:07:16.425 and vague terms at a state level

NOTE Confidence: 0.8566943

00:07:16.425 --> 00:07:18.939 when it came to Tele medicine,

NOTE Confidence: 0.8566943

00:07:18.940 --> 00:07:21.508 and thus these issues weren't really

NOTE Confidence: 0.8566943

00:07:21.508 --> 00:07:23.220 systematically approached until recently,

NOTE Confidence: 0.8566943

00:07:23.220 --> 00:07:26.700 so you'll hear me talk a little bit.

NOTE Confidence: 0.8566943

00:07:26.700 --> 00:07:28.023 About specifically reimbursement

NOTE Confidence: 0.8566943

00:07:28.023 --> 00:07:30.669 legality a lot when it comes

NOTE Confidence: 0.8566943

00:07:30.669 --> 00:07:33.378 to the physician side of Tele

NOTE Confidence: 0.8566943

00:07:33.378 --> 00:07:34.695 health and telemedicine.

NOTE Confidence: 0.8566943

00:07:34.700 --> 00:07:35.918 So quick history,

NOTE Confidence: 0.8566943

00:07:35.918 --> 00:07:36.324 lesson,

NOTE Confidence: 0.8566943

00:07:36.324 --> 00:07:39.222 telemedicine and in many forms and Tele

NOTE Confidence: 0.8566943

00:07:39.222 --> 00:07:41.945 health have been around for quite awhile.

NOTE Confidence: 0.8566943

00:07:41.950 --> 00:07:42.358 Pennsylvania,

NOTE Confidence: 0.8566943

00:07:42.358 --> 00:07:45.622 back in 1940 was really the first time

NOTE Confidence: 0.8566943

00:07:45.622 --> 00:07:48.515 that we saw the first electronic transfer

NOTE Confidence: 0.8566943

00:07:48.515 --> 00:07:51.628 of a medical record by a telephone line.

NOTE Confidence: 0.8566943

00:07:51.630 --> 00:07:53.645 Radiology images were sent about

NOTE Confidence: 0.8566943

00:07:53.645 --> 00:07:55.660 24 miles between two townships,

NOTE Confidence: 0.8566943

00:07:55.660 --> 00:07:58.453 and this was thought to be pretty

NOTE Confidence: 0.8566943

00:07:58.453 --> 00:08:00.090 groundbreaking at the time.

NOTE Confidence: 0.8566943

00:08:00.090 --> 00:08:02.876 A Canadian doctor then built upon this

NOTE Confidence: 0.8566943

00:08:02.876 --> 00:08:06.098 technology in the 1950s and created an

NOTE Confidence: 0.8566943

00:08:06.098 --> 00:08:08.543 entire teleradiology network in Montreal.

NOTE Confidence: 0.8566943

00:08:08.550 --> 00:08:10.250 These practices became more

NOTE Confidence: 0.8566943

00:08:10.250 --> 00:08:11.525 widespread within radiology,

NOTE Confidence: 0.8566943

00:08:11.530 --> 00:08:14.080 and with film becoming prevalent technology,

NOTE Confidence: 0.8566943

00:08:14.080 --> 00:08:17.139 there were serious plans for video medicine

NOTE Confidence: 0.8566943

00:08:17.139 --> 00:08:20.029 that were created and actually in 1959,

NOTE Confidence: 0.8566943

00:08:20.030 --> 00:08:22.627 the University of Nebraska set up a

NOTE Confidence: 0.8566943

00:08:22.627 --> 00:08:25.630 two way television set up to transmit

NOTE Confidence: 0.8566943

00:08:25.630 --> 00:08:27.446 information to medical students

NOTE Confidence: 0.8566943

00:08:27.446 --> 00:08:29.798 across campuses across their campus.

NOTE Confidence: 0.8566943

00:08:29.800 --> 00:08:30.650 Excuse me.

NOTE Confidence: 0.8566943

00:08:30.650 --> 00:08:32.775 And then, five years later,

NOTE Confidence: 0.8566943

00:08:32.780 --> 00:08:35.330 linked it with the state hospital,

NOTE Confidence: 0.8566943

00:08:35.330 --> 00:08:36.698 performed video consultations.

NOTE Confidence: 0.8566943

00:08:36.698 --> 00:08:39.434 Remember, this was a 1959 so.

NOTE Confidence: 0.8566943

00:08:39.440 --> 00:08:42.908 We've had some form of technology

NOTE Confidence: 0.8566943

00:08:42.908 --> 00:08:46.000 that's developed for quite awhile.

NOTE Confidence: 0.8566943

00:08:46.000 --> 00:08:48.046 When we think about Tele medicine,

NOTE Confidence: 0.8566943

00:08:48.050 --> 00:08:49.755 there's really two models that

NOTE Confidence: 0.8566943

00:08:49.755 --> 00:08:51.119 that we think about.

NOTE Confidence: 0.8566943

00:08:51.120 --> 00:08:53.484 There's the center to center model

NOTE Confidence: 0.8566943

00:08:53.484 --> 00:08:55.979 and the center to home model.

NOTE Confidence: 0.8566943

00:08:55.980 --> 00:08:58.626 Prior to the pandemic of the Center,

NOTE Confidence: 0.8566943

00:08:58.630 --> 00:09:00.520 the center model was probably

NOTE Confidence: 0.8566943

00:09:00.520 --> 00:09:02.032 the most prevalent model.

NOTE Confidence: 0.8566943

00:09:02.040 --> 00:09:04.700 This model uses an originate Ng site,

NOTE Confidence: 0.8566943

00:09:04.700 --> 00:09:06.520 which is typically a medical

NOTE Confidence: 0.8566943

00:09:06.520 --> 00:09:08.340 office or clinic where audiovisual

NOTE Confidence: 0.8566943

00:09:08.404 --> 00:09:09.619 equipment is located.

NOTE Confidence: 0.8566943

00:09:09.620 --> 00:09:11.140 This baby equipment is

NOTE Confidence: 0.8566943

00:09:11.140 --> 00:09:12.660 usually very high quality.

NOTE Confidence: 0.8566943

00:09:12.660 --> 00:09:14.172 Patients are required to

NOTE Confidence: 0.8566943

00:09:14.172 --> 00:09:15.684 travel to this office,

NOTE Confidence: 0.84203666

00:09:15.690 --> 00:09:17.580 check in as they normally

NOTE Confidence: 0.84203666

00:09:17.580 --> 00:09:19.092 would within your office.

NOTE Confidence: 0.84203666

00:09:19.100 --> 00:09:21.977 Be roomed, they would have their vitals

NOTE Confidence: 0.84203666

00:09:21.977 --> 00:09:25.496 checked by either an MA or nurse and then

NOTE Confidence: 0.84203666

00:09:25.496 --> 00:09:28.270 the interaction starts with the AV equipment.

NOTE Confidence: 0.84203666

00:09:28.270 --> 00:09:30.928 The physician is located generally quite

NOTE Confidence: 0.84203666

00:09:30.928 --> 00:09:35.160 far from the patient, and there are.

NOTE Confidence: 0.84203666

00:09:35.160 --> 00:09:37.012 Adjunctive staff available to

NOTE Confidence: 0.84203666

00:09:37.012 --> 00:09:38.401 introduce additional technologies

NOTE Confidence: 0.84203666

00:09:38.401 --> 00:09:40.190 to supplement the visit.

NOTE Confidence: 0.84203666

00:09:40.190 --> 00:09:42.926 You know for physical example for,

NOTE Confidence: 0.84203666

00:09:42.930 --> 00:09:45.460 for example.

NOTE Confidence: 0.84203666

00:09:45.460 --> 00:09:46.935 Center to home is something

NOTE Confidence: 0.84203666

00:09:46.935 --> 00:09:49.196 that I think we're a little bit

NOTE Confidence: 0.84203666

00:09:49.196 --> 00:09:50.996 more familiar with these days.

NOTE Confidence: 0.84203666

00:09:51.000 --> 00:09:53.352 This is the model that we're currently using

NOTE Confidence: 0.84203666

00:09:53.352 --> 00:09:55.886 with the patient uses their own technology,

NOTE Confidence: 0.84203666

00:09:55.890 --> 00:09:57.520 a laptop or cell phone,

NOTE Confidence: 0.84203666

00:09:57.520 --> 00:10:00.118 and they access your system from.

NOTE Confidence: 0.84203666

00:10:00.120 --> 00:10:00.428 Essentially,

NOTE Confidence: 0.84203666

00:10:00.428 --> 00:10:01.352 wherever they prefer,

NOTE Confidence: 0.84203666

00:10:01.352 --> 00:10:03.198 you know, be at their home.

NOTE Confidence: 0.84203666

00:10:03.198 --> 00:10:06.850 In some cases, the car and so on.

NOTE Confidence: 0.84203666

00:10:06.850 --> 00:10:09.765 So the center center model

NOTE Confidence: 0.84203666

00:10:09.765 --> 00:10:12.097 is essentially the current.

NOTE Confidence: 0.84203666

00:10:12.100 --> 00:10:14.998 Or previous gold standard it most closely

NOTE Confidence: 0.84203666

00:10:14.998 --> 00:10:17.399 approximates a live in clinic visit.

NOTE Confidence: 0.84203666

00:10:17.400 --> 00:10:19.792 It facilitates workflow and

NOTE Confidence: 0.84203666

00:10:19.792 --> 00:10:22.184 office coordination that's very

NOTE Confidence: 0.84203666

00:10:22.184 --> 00:10:25.256 similar to a face to face visit.

NOTE Confidence: 0.84203666

00:10:25.260 --> 00:10:28.277 Thing also was reimbursed in a more

NOTE Confidence: 0.84203666

00:10:28.277 --> 00:10:31.039 standard way that we'll talk about.

NOTE Confidence: 0.84203666

00:10:31.040 --> 00:10:33.992 This allowed for high quality audio

NOTE Confidence: 0.84203666

00:10:33.992 --> 00:10:37.647 visual equipment to be used and the

NOTE Confidence: 0.84203666

00:10:37.647 --> 00:10:39.783 technical abilities generally were

NOTE Confidence: 0.84203666

00:10:39.783 --> 00:10:43.031 much greater or greater in this

NOTE Confidence: 0.84203666

00:10:43.031 --> 00:10:45.626 modality compared to center home.

NOTE Confidence: 0.84203666

00:10:45.630 --> 00:10:47.550 Some obvious key disadvantages to this

NOTE Confidence: 0.84203666

00:10:47.550 --> 00:10:49.598 model are that remote site agreements

NOTE Confidence: 0.84203666

00:10:49.598 --> 00:10:51.716 are required to participate between your

NOTE Confidence: 0.84203666

00:10:51.716 --> 00:10:54.076 office or wherever the clinician may be,

NOTE Confidence: 0.84203666

00:10:54.080 --> 00:10:55.372 and the remote center,

NOTE Confidence: 0.84203666

00:10:55.372 --> 00:10:57.715 if they were owned independently and there

NOTE Confidence: 0.84203666

00:10:57.715 --> 00:11:00.158 were higher costs associated with this model.

NOTE Confidence: 0.84203666

00:11:00.160 --> 00:11:01.512 Equipment was much higher

NOTE Confidence: 0.84203666

00:11:01.512 --> 00:11:03.202 quality and cost more money.

NOTE Confidence: 0.84203666

00:11:03.210 --> 00:11:04.920 You had to have personnel

NOTE Confidence: 0.84203666

00:11:04.920 --> 00:11:06.920 at the clinic to staff it,

NOTE Confidence: 0.84203666

00:11:06.920 --> 00:11:09.461 and it was less convenient for patients

NOTE Confidence: 0.84203666

00:11:09.461 --> 00:11:11.988 because they couldn't do the visit from home.

NOTE Confidence: 0.84203666

00:11:11.990 --> 00:11:16.985 They had to come to the originate Ng site.

NOTE Confidence: 0.84203666

00:11:16.990 --> 00:11:20.679 This centered a home model is essentially

NOTE Confidence: 0.84203666

00:11:20.679 --> 00:11:23.899 what we consider the new standard.

NOTE Confidence: 0.84203666

00:11:23.900 --> 00:11:27.015 Obvious key advantages here to the patient,

NOTE Confidence: 0.84203666

00:11:27.020 --> 00:11:29.630 because they're using their own technology

NOTE Confidence: 0.84203666

00:11:29.630 --> 00:11:32.819 without the need for an originating site.

NOTE Confidence: 0.84203666

00:11:32.820 --> 00:11:35.604 Patients access the technology again from

NOTE Confidence: 0.84203666

00:11:35.604 --> 00:11:38.618 wherever they are from home from work,

NOTE Confidence: 0.84203666

00:11:38.620 --> 00:11:41.485 and it facilitates easier communication

NOTE Confidence: 0.84203666

00:11:41.485 --> 00:11:44.350 between patients and their clinicians.

NOTE Confidence: 0.84203666

00:11:44.350 --> 00:11:45.762 Key disadvantages to this,

NOTE Confidence: 0.84203666

00:11:45.762 --> 00:11:47.527 as we've probably all seen,

NOTE Confidence: 0.84203666

00:11:47.530 --> 00:11:50.754 is that privacy is a little bit more

NOTE Confidence: 0.84203666

00:11:50.754 --> 00:11:53.209 difficult to monitor and ensure.

NOTE Confidence: 0.84203666

00:11:53.210 --> 00:11:55.190 Especially if you're not using

NOTE Confidence: 0.84203666

00:11:55.190 --> 00:11:57.756 definition are not on a hospital

NOTE Confidence: 0.84203666

00:11:57.756 --> 00:12:00.780 network or office network that secured.

NOTE Confidence: 0.84203666

00:12:00.780 --> 00:12:02.690 There is the potential inability

NOTE Confidence: 0.84203666

00:12:02.690 --> 00:12:05.560 to use the tools by the patient.

NOTE Confidence: 0.84203666

00:12:05.560 --> 00:12:08.736 You know in terms of using their technology.

NOTE Confidence: 0.84203666

00:12:08.740 --> 00:12:10.780 Signal quality can obviously significantly

NOTE Confidence: 0.84203666

00:12:10.780 --> 00:12:13.519 vary depending on where the patient is,

NOTE Confidence: 0.84203666

00:12:13.520 --> 00:12:16.262 what kind of access they have

NOTE Confidence: 0.84203666

00:12:16.262 --> 00:12:18.090 to Internet and Wi-Fi.

NOTE Confidence: 0.84203666

00:12:18.090 --> 00:12:18.738 Uhm?

NOTE Confidence: 0.84203666

00:12:18.738 --> 00:12:21.330 And prior to recently,

NOTE Confidence: 0.84203666

00:12:21.330 --> 00:12:23.595 insurers and governments were not

NOTE Confidence: 0.84203666

00:12:23.595 --> 00:12:26.910 very amenable to center to home models

NOTE Confidence: 0.84203666

00:12:26.910 --> 00:12:29.335 as being a reimbursables service.

NOTE Confidence: 0.84203666

00:12:29.340 --> 00:12:32.188 So let's take a little bit of time

NOTE Confidence: 0.84203666

00:12:32.188 --> 00:12:34.848 and talk about how Tele medicine

NOTE Confidence: 0.84203666

00:12:34.848 --> 00:12:37.632 was prior to the covid pandemic.

NOTE Confidence: 0.84203666

00:12:37.640 --> 00:12:39.796 In a term it was not great.

NOTE Confidence: 0.84203666

00:12:39.800 --> 00:12:40.776 I think you can.

NOTE Confidence: 0.84203666

00:12:40.776 --> 00:12:43.067 We can all agree that Tele medicine was

NOTE Confidence: 0.84203666

00:12:43.067 --> 00:12:45.365 somewhat limited from our own experience.

NOTE Confidence: 0.84203666

00:12:45.370 --> 00:12:46.910 Doctor Weir, our program director,

NOTE Confidence: 0.84203666

00:12:46.910 --> 00:12:49.100 was one of the few clinicians

NOTE Confidence: 0.84203666

00:12:49.100 --> 00:12:50.560 in our entire network

NOTE Confidence: 0.84228474

00:12:50.637 --> 00:12:53.789 that was doing Tele medicine prior to covid.

NOTE Confidence: 0.84228474

00:12:53.790 --> 00:12:56.072 And I think it's important to talk

NOTE Confidence: 0.84228474

00:12:56.072 --> 00:12:57.881 about what Tele medicine really

NOTE Confidence: 0.84228474

00:12:57.881 --> 00:13:00.179 was like prior to the pandemic,

NOTE Confidence: 0.84228474

00:13:00.180 --> 00:13:02.735 because it really does give you a

NOTE Confidence: 0.84228474

00:13:02.735 --> 00:13:04.798 new appreciation to what we have,

NOTE Confidence: 0.84228474

00:13:04.800 --> 00:13:09.584 what we've evolved into in the past year.

NOTE Confidence: 0.84228474

00:13:09.590 --> 00:13:13.800 Tele medicine really all started.

NOTE Confidence: 0.84228474

00:13:13.800 --> 00:13:17.232 With the VA and veterans Anan

NOTE Confidence: 0.84228474

00:13:17.232 --> 00:13:19.520 honestly with rural health.

NOTE Confidence: 0.84228474

00:13:19.520 --> 00:13:21.977 The VA in the early 2000s were

NOTE Confidence: 0.84228474

00:13:21.977 --> 00:13:24.799 looking for a way to improve access

NOTE Confidence: 0.84228474

00:13:24.799 --> 00:13:27.331 to rural veterans at that time,

NOTE Confidence: 0.84228474

00:13:27.340 --> 00:13:30.035 about a little over four and a

NOTE Confidence: 0.84228474

00:13:30.035 --> 00:13:32.046 half million veterans lived in

NOTE Confidence: 0.84228474

00:13:32.046 --> 00:13:34.380 rural communities and as a whole,

NOTE Confidence: 0.84228474

00:13:34.380 --> 00:13:36.792 rural veterans had less access to

NOTE Confidence: 0.84228474

00:13:36.792 --> 00:13:39.212 health care providers and nurses per

NOTE Confidence: 0.84228474

00:13:39.212 --> 00:13:41.809 capita in their areas that they lived.

NOTE Confidence: 0.84228474

00:13:41.810 --> 00:13:44.324 They had lower household incomes and

NOTE Confidence: 0.84228474

00:13:44.324 --> 00:13:47.666 still do in some cases as much as 50%

NOTE Confidence: 0.84228474

00:13:47.670 --> 00:13:50.448 or higher or lower annual incomes.

NOTE Confidence: 0.84228474

00:13:50.450 --> 00:13:52.550 And as a result they either didn't

NOTE Confidence: 0.84228474

00:13:52.550 --> 00:13:54.527 have access to Internet or they

NOTE Confidence: 0.84228474

00:13:54.527 --> 00:13:56.549 face very long distances that they

NOTE Confidence: 0.84228474

00:13:56.549 --> 00:13:58.755 had to drive to access quality

NOTE Confidence: 0.84228474

00:13:58.755 --> 00:14:00.199 healthcare in urban areas.

NOTE Confidence: 0.84228474

00:14:00.200 --> 00:14:01.428 So as a result,

NOTE Confidence: 0.84228474

00:14:01.428 --> 00:14:03.671 the VA created the Office of Connected

NOTE Confidence: 0.84228474

00:14:03.671 --> 00:14:06.623 Care and this is going to be a little

NOTE Confidence: 0.84228474

00:14:06.696 --> 00:14:09.349 bit off in terms of timeline timeline,

NOTE Confidence: 0.84228474

00:14:09.350 --> 00:14:11.050 so I apologize for that.

NOTE Confidence: 0.84228474

00:14:11.050 --> 00:14:13.584 But what the office of Connected Care

NOTE Confidence: 0.84228474

00:14:13.584 --> 00:14:16.589 did was work really well with the Office

NOTE Confidence: 0.84228474

00:14:16.589 --> 00:14:19.669 of Rural Health and the VA organization.

NOTE Confidence: 0.84228474

00:14:19.670 --> 00:14:22.344 And really worked to try to eliminate

NOTE Confidence: 0.84228474

00:14:22.344 --> 00:14:24.469 or minimize these barriers that

NOTE Confidence: 0.84228474

00:14:24.469 --> 00:14:26.729 rural veterans faced in obtaining

NOTE Confidence: 0.84228474

00:14:26.729 --> 00:14:29.130 the services that they required.

NOTE Confidence: 0.84228474

00:14:29.130 --> 00:14:32.224 The VA created the first home Tele

NOTE Confidence: 0.84228474

00:14:32.224 --> 00:14:35.141 Health program back in 2003 and

NOTE Confidence: 0.84228474

00:14:35.141 --> 00:14:37.641 continually VA research is working

NOTE Confidence: 0.84228474

00:14:37.641 --> 00:14:40.003 with connected care to conduct

NOTE Confidence: 0.84228474

00:14:40.003 --> 00:14:42.559 studies that are looking at areas

NOTE Confidence: 0.84228474

00:14:42.559 --> 00:14:46.014 of need or to test connected care

NOTE Confidence: 0.84228474

00:14:46.014 --> 00:14:48.030 solutions and targeted interventions

NOTE Confidence: 0.84228474

00:14:48.108 --> 00:14:50.634 that help improve access to rural

NOTE Confidence: 0.84228474

00:14:50.634 --> 00:14:53.149 and other veterans who need them.

NOTE Confidence: 0.86673105

00:14:55.170 --> 00:14:57.290 This is a list from the VA Research

NOTE Confidence: 0.86673105

00:14:57.290 --> 00:14:59.134 Group on selected accomplishments and

NOTE Confidence: 0.86673105

00:14:59.134 --> 00:15:02.046 studies that they've done over the years

NOTE Confidence: 0.86673105

00:15:02.111 --> 00:15:04.061 that help to fill disparities that

NOTE Confidence: 0.86673105

00:15:04.061 --> 00:15:06.322 exist for rural and other veterans.

NOTE Confidence: 0.86673105

00:15:06.322 --> 00:15:09.300 Looking at this, I think one of the

NOTE Confidence: 0.86673105

00:15:09.300 --> 00:15:11.493 things that really struck me the most

NOTE Confidence: 0.86673105

00:15:11.493 --> 00:15:13.765 is that it's clear that the VA has

NOTE Confidence: 0.86673105

00:15:13.836 --> 00:15:16.116 taken a patient centered approach

NOTE Confidence: 0.86673105

00:15:16.116 --> 00:15:18.396 to implementation of Tele medicine,

NOTE Confidence: 0.86673105

00:15:18.400 --> 00:15:19.450 amongst other technologies.

NOTE Confidence: 0.86673105

00:15:19.450 --> 00:15:21.200 They really were looking to

NOTE Confidence: 0.86673105

00:15:21.200 --> 00:15:22.300 improve patient access,

NOTE Confidence: 0.86673105

00:15:22.300 --> 00:15:24.324 veteran access to clinicians

NOTE Confidence: 0.86673105

00:15:24.324 --> 00:15:27.360 in areas where it was lacking.

NOTE Confidence: 0.86673105

00:15:27.360 --> 00:15:29.700 As you'll see, this contrasts quite

NOTE Confidence: 0.86673105

00:15:29.700 --> 00:15:33.299 a bit to the civilian side of things,

NOTE Confidence: 0.86673105

00:15:33.300 --> 00:15:35.990 historically speaking.

NOTE Confidence: 0.86673105

00:15:35.990 --> 00:15:38.702 Since most of us do work on the

NOTE Confidence: 0.86673105

00:15:38.702 --> 00:15:40.736 civilian side, I think we're going

NOTE Confidence: 0.86673105

00:15:40.736 --> 00:15:42.770 to spend more time on this,

NOTE Confidence: 0.86673105

00:15:42.770 --> 00:15:44.470 but it's in my opinion,

NOTE Confidence: 0.86673105

00:15:44.470 --> 00:15:47.512 was important to at least delve into the VA,

NOTE Confidence: 0.86673105

00:15:47.520 --> 00:15:49.938 being really the forerunner in patient

NOTE Confidence: 0.86673105

00:15:49.938 --> 00:15:52.210 centered access to Tele medicine.

NOTE Confidence: 0.86673105

00:15:52.210 --> 00:15:55.185 On the civilian side of things again,

NOTE Confidence: 0.86673105

00:15:55.190 --> 00:15:56.886 Tele medicine concepts have

NOTE Confidence: 0.86673105

00:15:56.886 --> 00:15:59.006 been around for a while,

NOTE Confidence: 0.86673105

00:15:59.010 --> 00:16:02.104 but the first major push seemed to

NOTE Confidence: 0.86673105

00:16:02.104 --> 00:16:04.979 have been during the Obama years

NOTE Confidence: 0.86673105

00:16:04.979 --> 00:16:07.414 with the Affordable Care Act.

NOTE Confidence: 0.86673105

00:16:07.420 --> 00:16:08.677 If you'll remember,

NOTE Confidence: 0.86673105

00:16:08.677 --> 00:16:11.610 the ACA was introduced back in 2010,

NOTE Confidence: 0.86673105

00:16:11.610 --> 00:16:15.372 and the ACA had several large portions to it,

NOTE Confidence: 0.86673105

00:16:15.380 --> 00:16:18.076 but one of the major goals was to

NOTE Confidence: 0.86673105

00:16:18.076 --> 00:16:21.178 move away from a fee for service

NOTE Confidence: 0.86673105

00:16:21.178 --> 00:16:23.528 model and really promote preventative

NOTE Confidence: 0.86673105

00:16:23.609 --> 00:16:25.019 care and Wellness.

NOTE Confidence: 0.86673105

00:16:25.020 --> 00:16:27.110 And within this preventative care

NOTE Confidence: 0.86673105

00:16:27.110 --> 00:16:27.946 and Wellness,

NOTE Confidence: 0.86673105

00:16:27.950 --> 00:16:30.266 there were some penalties that were

NOTE Confidence: 0.86673105

00:16:30.266 --> 00:16:32.803 created for hospitals for chronic re

NOTE Confidence: 0.86673105

00:16:32.803 --> 00:16:34.659 admissions for Medicare patients,

NOTE Confidence: 0.86673105

00:16:34.660 --> 00:16:36.750 namely for heart failure pneumonia.

NOTE Confidence: 0.86673105

00:16:36.750 --> 00:16:37.490 Post MI.

NOTE Confidence: 0.86673105

00:16:37.490 --> 00:16:40.080 And there was also a focus on

NOTE Confidence: 0.86673105

00:16:40.080 --> 00:16:42.238 connected health and electronic

NOTE Confidence: 0.86673105

00:16:42.238 --> 00:16:43.378 health records,

NOTE Confidence: 0.86673105

00:16:43.380 --> 00:16:46.194 so a lot of large hospital networks,

NOTE Confidence: 0.86673105

00:16:46.200 --> 00:16:47.988 the Kaiser Foundation,

NOTE Confidence: 0.86673105

00:16:47.988 --> 00:16:51.564 for example on the West Coast.

NOTE Confidence: 0.86673105

00:16:51.570 --> 00:16:53.982 Took the initial focus for Tele

NOTE Confidence: 0.86673105

00:16:53.982 --> 00:16:56.855 medicine for them based on the ACA's

NOTE Confidence: 0.86673105

00:16:56.855 --> 00:16:58.830 edicts to really use telemedicine

NOTE Confidence: 0.86673105

00:16:58.830 --> 00:17:01.629 to help hospitals lower re admission

NOTE Confidence: 0.86673105

00:17:01.629 --> 00:17:04.044 rates for patients with heart

NOTE Confidence: 0.86673105

00:17:04.044 --> 00:17:05.228 failure with pneumonia,

NOTE Confidence: 0.86673105

00:17:05.228 --> 00:17:07.671 and post MI to allow them to

NOTE Confidence: 0.86673105

00:17:07.671 --> 00:17:10.203 have connections to doctors and

NOTE Confidence: 0.86673105

00:17:10.203 --> 00:17:12.307 other health care professionals.

NOTE Confidence: 0.86673105

00:17:12.310 --> 00:17:15.860 Nurses care managers after discharge.

NOTE Confidence: 0.86673105

00:17:15.860 --> 00:17:16.276 Again,

NOTE Confidence: 0.86673105

00:17:16.276 --> 00:17:19.188 compared to how the VA took the

NOTE Confidence: 0.86673105

00:17:19.188 --> 00:17:21.160 approach of improving access

NOTE Confidence: 0.86673105

00:17:21.160 --> 00:17:23.268 on the civilian side,

NOTE Confidence: 0.86673105

00:17:23.270 --> 00:17:26.534 I think it was more focused on costs

NOTE Confidence: 0.86673105

00:17:26.534 --> 00:17:28.819 and avoidance of repercussions,

NOTE Confidence: 0.86673105

00:17:28.820 --> 00:17:30.728 and unfortunately the reimbursement

NOTE Confidence: 0.86673105

00:17:30.728 --> 00:17:33.590 side of things did not correlate

NOTE Confidence: 0.86673105

00:17:33.664 --> 00:17:35.769 or follow from the government.

NOTE Confidence: 0.86673105

00:17:35.770 --> 00:17:39.898 So that led to very limited.

NOTE Confidence: 0.86673105

00:17:39.900 --> 00:17:42.588 By and from hospital groups and from

NOTE Confidence: 0.86673105

00:17:42.588 --> 00:17:44.749 hospital networks in Tele Medicine.

NOTE Confidence: 0.86673105

00:17:44.750 --> 00:17:46.822 Some of these things that we saw

NOTE Confidence: 0.86673105

00:17:46.822 --> 00:17:49.094 in the past few years were that

NOTE Confidence: 0.86673105

00:17:49.094 --> 00:17:51.601 Medicare would only pay for a limited

NOTE Confidence: 0.86673105

00:17:51.601 --> 00:17:53.896 amount of Tele medicine services,

NOTE Confidence: 0.86673105

00:17:53.900 --> 00:17:56.006 and again a very limited circumstance.

NOTE Confidence: 0.86673105

00:17:56.010 --> 00:17:56.732 In general,

NOTE Confidence: 0.86673105

00:17:56.732 --> 00:17:59.259 patients had to be in a designated

NOTE Confidence: 0.86673105

00:17:59.259 --> 00:18:01.287 rural area for the most part,

NOTE Confidence: 0.86673105

00:18:01.290 --> 00:18:03.474 and they had to leave their home to

NOTE Confidence: 0.86673105

00:18:03.474 --> 00:18:06.406 go to a center to have a synchronous

NOTE Confidence: 0.86673105

00:18:06.406 --> 00:18:08.690 communication with with the clinician.

NOTE Confidence: 0.86673105

00:18:08.690 --> 00:18:11.030 This center to center model

NOTE Confidence: 0.86673105

00:18:11.030 --> 00:18:12.434 that we discussed.

NOTE Confidence: 0.86673105

00:18:12.440 --> 00:18:14.560 Remote patient monitoring for chronic

NOTE Confidence: 0.86673105

00:18:14.560 --> 00:18:17.135 diseases was not covered at any

NOTE Confidence: 0.86673105

00:18:17.135 --> 00:18:19.445 store and forward services which will

NOTE Confidence: 0.86673105

00:18:19.445 --> 00:18:21.745 discuss were also not covered except

NOTE Confidence: 0.86673105

00:18:21.745 --> 00:18:24.258 for in certain states such as Alaska

NOTE Confidence: 0.8662693

00:18:24.260 --> 00:18:28.672 and Hawaii. As a whole, again,

NOTE Confidence: 0.8662693

00:18:28.672 --> 00:18:31.270 we're going to talk about reimbursement

NOTE Confidence: 0.8662693

00:18:31.347 --> 00:18:34.407 quite a bit in the next couple of slides,

NOTE Confidence: 0.8662693

00:18:34.410 --> 00:18:37.154 because whether we like it or not,

NOTE Confidence: 0.8662693

00:18:37.160 --> 00:18:39.806 hospitals, an networks and offices have to

NOTE Confidence: 0.8662693

00:18:39.806 --> 00:18:43.047 be paid for the services that we provide,

NOTE Confidence: 0.8662693

00:18:43.050 --> 00:18:44.229 and with reimbursement

NOTE Confidence: 0.8662693

00:18:44.229 --> 00:18:45.408 being extremely limited,

NOTE Confidence: 0.8662693

00:18:45.410 --> 00:18:48.392 there seems to be there had been

NOTE Confidence: 0.8662693

00:18:48.392 --> 00:18:50.793 minimal incentive for large networks

NOTE Confidence: 0.8662693

00:18:50.793 --> 00:18:53.925 to invest in Tele medicine technology.

NOTE Confidence: 0.8662693

00:18:53.930 --> 00:18:55.865 In 2018, Medicare started paying

NOTE Confidence: 0.8662693

00:18:55.865 --> 00:18:57.413 for brief communications with

NOTE Confidence: 0.8662693

00:18:57.413 --> 00:18:59.129 clinicians called virtual checkins.

NOTE Confidence: 0.8662693

00:18:59.130 --> 00:19:01.140 These were different from the

NOTE Confidence: 0.8662693

00:19:01.140 --> 00:19:02.748 traditional Medicare Tele health

NOTE Confidence: 0.8662693

00:19:02.748 --> 00:19:04.729 visits because they were patient,

NOTE Confidence: 0.8662693

00:19:04.730 --> 00:19:05.130 initiated,

NOTE Confidence: 0.8662693

00:19:05.130 --> 00:19:07.530 and there were very specific rules

NOTE Confidence: 0.8662693

00:19:07.530 --> 00:19:08.730 regarding the communication.

NOTE Confidence: 0.8662693

00:19:08.730 --> 00:19:12.226 The rules were one of them was the

NOTE Confidence: 0.8662693

00:19:12.226 --> 00:19:14.809 communication could not be related to

NOTE Confidence: 0.8662693

00:19:14.809 --> 00:19:17.665 a medical visit that occurred in the

NOTE Confidence: 0.8662693

00:19:17.665 --> 00:19:20.725 past seven days and must not lead to a

NOTE Confidence: 0.8662693

00:19:20.730 --> 00:19:23.915 medical visit within the next 24 hours.

NOTE Confidence: 0.8662693

00:19:23.920 --> 00:19:24.335 Additionally,

NOTE Confidence: 0.8662693

00:19:24.335 --> 00:19:26.410 verbal consent had to have

NOTE Confidence: 0.8662693

00:19:26.410 --> 00:19:28.586 been obtained for the virtual

NOTE Confidence: 0.8662693

00:19:28.586 --> 00:19:30.816 check-in for every single visit,

NOTE Confidence: 0.8662693

00:19:30.820 --> 00:19:33.568 for this was changed in January

NOTE Confidence: 0.8662693

00:19:33.568 --> 00:19:36.930 of 2020 to allow a clinician to

NOTE Confidence: 0.8662693

00:19:36.930 --> 00:19:39.792 obtain a single consent for a

NOTE Confidence: 0.8662693

00:19:39.792 --> 00:19:42.660 years worth of these services.

NOTE Confidence: 0.8662693

00:19:42.660 --> 00:19:45.150 There were a few exceptions to

NOTE Confidence: 0.8662693

00:19:45.150 --> 00:19:46.810 these otherwise strict rules.

NOTE Confidence: 0.8662693

00:19:46.810 --> 00:19:49.096 One of them were dialysis patients

NOTE Confidence: 0.8662693

00:19:49.096 --> 00:19:51.100 could have their dialysis facilities

NOTE Confidence: 0.8662693

00:19:51.100 --> 00:19:53.135 and homes qualify as originating

NOTE Confidence: 0.8662693

00:19:53.135 --> 00:19:55.530 site for Tele Health encounters.

NOTE Confidence: 0.8662693

00:19:55.530 --> 00:19:57.762 Mobile stroke units could also be

NOTE Confidence: 0.8662693

00:19:57.762 --> 00:20:00.180 originate Ng sites and specifically.

NOTE Confidence: 0.8662693

00:20:00.180 --> 00:20:01.700 Individuals with substance abuse

NOTE Confidence: 0.8662693

00:20:01.700 --> 00:20:03.600 disorders or kerkering mental health

NOTE Confidence: 0.8662693

00:20:03.600 --> 00:20:05.524 disorders could have their homes made

NOTE Confidence: 0.8662693

00:20:05.524 --> 00:20:07.014 into an eligible originating site,

NOTE Confidence: 0.8662693

00:20:07.020 --> 00:20:09.365 although that site would not

NOTE Confidence: 0.8662693

00:20:09.365 --> 00:20:11.710 qualify for the facility fee.

NOTE Confidence: 0.8662693

00:20:11.710 --> 00:20:12.450 In 2019,

NOTE Confidence: 0.8662693

00:20:12.450 --> 00:20:14.670 CMS also added reimbursement for several

NOTE Confidence: 0.8662693

00:20:14.670 --> 00:20:16.569 other remotely furnished services.

NOTE Confidence: 0.8662693

00:20:16.570 --> 00:20:18.690 This includes the evaluation of

NOTE Confidence: 0.8662693

00:20:18.690 --> 00:20:20.810 prerecorded patient information that was

NOTE Confidence: 0.8662693

00:20:20.870 --> 00:20:23.048 either via video or image technology,

NOTE Confidence: 0.8662693

00:20:23.050 --> 00:20:26.050 and this was to really determine if an

NOTE Confidence: 0.8662693

00:20:26.050 --> 00:20:28.719 office visit or service was necessary.

NOTE Confidence: 0.8662693

00:20:28.720 --> 00:20:30.790 This was only established to this

NOTE Confidence: 0.8662693

00:20:30.790 --> 00:20:33.580 is only able to establish patients,

NOTE Confidence: 0.8662693

00:20:33.580 --> 00:20:35.870 excuse me.

NOTE Confidence: 0.8662693

00:20:35.870 --> 00:20:37.202 Interprofessional Internet consultation

NOTE Confidence: 0.8662693

00:20:37.202 --> 00:20:39.866 was also reimbursed with this limited

NOTE Confidence: 0.8662693

00:20:39.866 --> 00:20:41.521 between practitioners that could

NOTE Confidence: 0.8662693

00:20:41.521 --> 00:20:43.446 independently bill for enm visits,

NOTE Confidence: 0.8662693

00:20:43.450 --> 00:20:48.634 so this is our E console that we see.

NOTE Confidence: 0.8662693

00:20:48.640 --> 00:20:51.377 And then E visits were also reimbursed,

NOTE Confidence: 0.8662693

00:20:51.380 --> 00:20:53.665 and this allowed for patients

NOTE Confidence: 0.8662693

00:20:53.665 --> 00:20:55.493 to communicate with providers

NOTE Confidence: 0.8662693

00:20:55.493 --> 00:20:57.589 through online patient portals.

NOTE Confidence: 0.8662693

00:20:57.590 --> 00:20:58.126 So.

NOTE Confidence: 0.8662693

00:20:58.126 --> 00:20:58.662 Specifically,

NOTE Confidence: 0.8662693

00:20:58.662 --> 00:21:02.414 we're seeing that there's quite a few

NOTE Confidence: 0.8662693

00:21:02.414 --> 00:21:05.315 civilian side Tele medicine issues

NOTE Confidence: 0.8662693

00:21:05.315 --> 00:21:08.155 that specifically go with Medicare.

NOTE Confidence: 0.8662693

00:21:08.160 --> 00:21:09.985 There is clearly limited access

NOTE Confidence: 0.8662693

00:21:09.985 --> 00:21:11.445 to patients pre pandemic.

NOTE Confidence: 0.8662693

00:21:11.450 --> 00:21:13.275 The Center to center model

NOTE Confidence: 0.8662693

00:21:13.275 --> 00:21:14.370 was heavily favored,

NOTE Confidence: 0.8662693

00:21:14.370 --> 00:21:15.830 which limited the patients

NOTE Confidence: 0.8662693

00:21:15.830 --> 00:21:17.290 ability to see clinicians.

NOTE Confidence: 0.8662693

00:21:17.290 --> 00:21:20.566 They had to go and travel to the office.

NOTE Confidence: 0.8662693

00:21:20.570 --> 00:21:23.237 There was a lack of universal uniformity

NOTE Confidence: 0.8662693

00:21:23.237 --> 00:21:25.679 between payers and at the state level.

NOTE Confidence: 0.8662693

00:21:25.680 --> 00:21:26.778 That's quite important.

NOTE Confidence: 0.8662693

00:21:26.778 --> 00:21:27.510 Will discuss.

NOTE Confidence: 0.8662693

00:21:27.510 --> 00:21:29.886 We had a high cost of AV equipment

NOTE Confidence: 0.8662693

00:21:29.886 --> 00:21:32.711 and the buy in was quite high

NOTE Confidence: 0.8662693

00:21:32.711 --> 00:21:34.439 with again limited reimbursement,

NOTE Confidence: 0.8662693

00:21:34.440 --> 00:21:37.648 so there wasn't much.

NOTE Confidence: 0.8662693

00:21:37.650 --> 00:21:39.512 And there's a lot at stake for

NOTE Confidence: 0.8662693

00:21:39.512 --> 00:21:41.354 hospital networks to invest in this

NOTE Confidence: 0.8662693

00:21:41.354 --> 00:21:42.999 technology that really had very

NOTE Confidence: 0.8662693

00:21:42.999 --> 00:21:44.600 convoluted rules on reimbursement,

NOTE Confidence: 0.8662693

00:21:44.600 --> 00:21:47.920 and that were quite limited to begin with.

NOTE Confidence: 0.8662693

00:21:47.920 --> 00:21:50.232 So we talked a lot about the federal

NOTE Confidence: 0.8662693

00:21:50.232 --> 00:21:51.979 level with Medicare patients,

NOTE Confidence: 0.8662693

00:21:51.980 --> 00:21:55.340 but how does this all work at

NOTE Confidence: 0.8662693

00:21:55.340 --> 00:21:56.780 the state level?

NOTE Confidence: 0.8379952

00:21:56.780 --> 00:21:58.850 Specifically, as we all know,

NOTE Confidence: 0.8379952

00:21:58.850 --> 00:22:00.506 Medicare regulates self insured

NOTE Confidence: 0.8379952

00:22:00.506 --> 00:22:02.576 health plans and Medicare patients.

NOTE Confidence: 0.8379952

00:22:02.580 --> 00:22:04.131 The federal level.

NOTE Confidence: 0.8379952

00:22:04.131 --> 00:22:07.750 But Medicaid and private payers are regulated

NOTE Confidence: 0.8379952

00:22:07.838 --> 00:22:10.750 both at the federal and state level.

NOTE Confidence: 0.8379952

00:22:10.750 --> 00:22:13.036 The state level is a whole

NOTE Confidence: 0.8379952

00:22:13.036 --> 00:22:13.798 different conversation.

NOTE Confidence: 0.8379952

00:22:13.800 --> 00:22:15.436 There are multiple complex

NOTE Confidence: 0.8379952

00:22:15.436 --> 00:22:17.072 regulatory frameworks that are

NOTE Confidence: 0.8379952

00:22:17.072 --> 00:22:19.128 at place and state to state.

NOTE Confidence: 0.8379952

00:22:19.130 --> 00:22:21.416 The rules differ quite a bit,

NOTE Confidence: 0.8379952

00:22:21.420 --> 00:22:22.563 so telemedicine implementation

NOTE Confidence: 0.8379952

00:22:22.563 --> 00:22:24.087 is was extremely challenging.

NOTE Confidence: 0.8379952

00:22:24.090 --> 00:22:27.150 As a result of the different

NOTE Confidence: 0.8379952

00:22:27.150 --> 00:22:30.449 state to state rules that exist.

NOTE Confidence: 0.8379952

00:22:30.450 --> 00:22:32.979 What I think is important for all of us

NOTE Confidence: 0.8379952

00:22:32.979 --> 00:22:36.080 to understand are the so-called parity laws,

NOTE Confidence: 0.8379952

00:22:36.080 --> 00:22:38.481 and I want to spend a few

NOTE Confidence: 0.8379952

00:22:38.481 --> 00:22:39.950 minutes talking about this,

NOTE Confidence: 0.8379952

00:22:39.950 --> 00:22:41.595 with Tele health varying so

NOTE Confidence: 0.8379952

00:22:41.595 --> 00:22:44.180 much on a state to state level,

NOTE Confidence: 0.8379952

00:22:44.180 --> 00:22:46.504 the services that providers

NOTE Confidence: 0.8379952

00:22:46.504 --> 00:22:48.828 are reimbursed for delivering.

NOTE Confidence: 0.8379952

00:22:48.830 --> 00:22:51.196 Very really on a state to state

NOTE Confidence: 0.8379952

00:22:51.196 --> 00:22:53.505 level and thus parity laws exist

NOTE Confidence: 0.8379952

00:22:53.505 --> 00:22:55.530 at certain states to give.

NOTE Confidence: 0.8379952

00:22:55.530 --> 00:22:56.031 Essentially,

NOTE Confidence: 0.8379952

00:22:56.031 --> 00:22:57.534 equivalent reimbursement for

NOTE Confidence: 0.8379952

00:22:57.534 --> 00:22:58.536 analogous services.

NOTE Confidence: 0.8379952

00:22:58.540 --> 00:23:01.724 So what that means is it allows for

NOTE Confidence: 0.8379952

00:23:01.724 --> 00:23:05.328 states that have these parity laws to

NOTE Confidence: 0.8379952

00:23:05.328 --> 00:23:07.500 require private insurance companies

NOTE Confidence: 0.8379952

00:23:07.500 --> 00:23:10.589 to reimburse providers for care.

NOTE Confidence: 0.8379952

00:23:10.590 --> 00:23:13.835 DEVOTE delivered remotely via Tele

NOTE Confidence: 0.8379952

00:23:13.835 --> 00:23:18.109 medicine at the same rate as an

NOTE Confidence: 0.8379952

00:23:18.109 --> 00:23:21.308 in person or face to face visit.

NOTE Confidence: 0.8379952

00:23:21.310 --> 00:23:23.788 37 states currently have these laws,

NOTE Confidence: 0.8379952

00:23:23.790 --> 00:23:26.268 and they address several major issues.

NOTE Confidence: 0.8379952

00:23:26.270 --> 00:23:28.330 These issues include patient location.

NOTE Confidence: 0.8379952

00:23:28.330 --> 00:23:30.574 Most of these parity laws prevent

NOTE Confidence: 0.8379952

00:23:30.574 --> 00:23:32.070 health plans from withholding

NOTE Confidence: 0.8379952

00:23:32.136 --> 00:23:33.932 reimbursement for telehealth services

NOTE Confidence: 0.8379952

00:23:33.932 --> 00:23:36.177 based on a patient's location.

NOTE Confidence: 0.8379952

00:23:36.180 --> 00:23:38.640 This means that patients can do

NOTE Confidence: 0.8379952

00:23:38.640 --> 00:23:40.757 Tele health appointments in certain

NOTE Confidence: 0.8379952

00:23:40.757 --> 00:23:43.199 states from their home or office.

NOTE Confidence: 0.8379952

00:23:43.200 --> 00:23:46.049 They don't need to travel to a

NOTE Confidence: 0.8379952

00:23:46.049 --> 00:23:47.740 qualified originate Ng site.

NOTE Confidence: 0.8379952

00:23:47.740 --> 00:23:49.810 Remember that one, the cumbersome,

NOTE Confidence: 0.8379952

00:23:49.810 --> 00:23:51.046 medical Medicare requirements.

NOTE Confidence: 0.8379952

00:23:51.046 --> 00:23:53.106 These laws also address reimbursables

NOTE Confidence: 0.8379952

00:23:53.106 --> 00:23:53.908 services, so.

NOTE Confidence: 0.8379952

00:23:53.908 --> 00:23:56.624 The states that have these laws to

NOTE Confidence: 0.8379952

00:23:56.624 --> 00:23:59.568 a certain degree mandate private

NOTE Confidence: 0.8379952

00:23:59.568 --> 00:24:00.958 payer reimbursement.

NOTE Confidence: 0.8379952

00:24:00.960 --> 00:24:03.516 At a similar level to the face to face.

NOTE Confidence: 0.81996256

00:24:05.870 --> 00:24:07.698 Eligible providers are also

NOTE Confidence: 0.81996256

00:24:07.698 --> 00:24:09.526 specified in parity laws,

NOTE Confidence: 0.81996256

00:24:09.530 --> 00:24:12.164 so each state determines which licensed

NOTE Confidence: 0.81996256

00:24:12.164 --> 00:24:14.550 professionals may provide Tele medicine,

NOTE Confidence: 0.81996256

00:24:14.550 --> 00:24:17.202 so that can be physicians nurse

NOTE Confidence: 0.81996256

00:24:17.202 --> 00:24:19.580 practitioners PA's in some states,

NOTE Confidence: 0.81996256

00:24:19.580 --> 00:24:20.492 physical therapists,

NOTE Confidence: 0.81996256

00:24:20.492 --> 00:24:22.316 other therapists, like psychologists.

NOTE Confidence: 0.81996256

00:24:22.320 --> 00:24:24.605 And again, that vary state

NOTE Confidence: 0.81996256

00:24:24.605 --> 00:24:26.890 to state and parity laws,

NOTE Confidence: 0.81996256

00:24:26.890 --> 00:24:28.783 helping determine that

NOTE Confidence: 0.81996256

00:24:28.783 --> 00:24:31.307 for the individual state.

NOTE Confidence: 0.81996256

00:24:31.310 --> 00:24:34.110 The reimbursement levels are also

NOTE Confidence: 0.81996256

00:24:34.110 --> 00:24:36.910 dictated through each state's parity

NOTE Confidence: 0.81996256

00:24:36.998 --> 00:24:40.078 laws and then again most states the

NOTE Confidence: 0.81996256

00:24:40.078 --> 00:24:43.086 majority of private payers will reimburse

NOTE Confidence: 0.81996256

00:24:43.086 --> 00:24:46.290 it levels equivalent in person visits.

NOTE Confidence: 0.81996256

00:24:46.290 --> 00:24:47.430 And as always,

NOTE Confidence: 0.81996256

00:24:47.430 --> 00:24:50.090 there are exceptions to all of these,

NOTE Confidence: 0.81996256

00:24:50.090 --> 00:24:52.442 and really, you have to look at

NOTE Confidence: 0.81996256

00:24:52.442 --> 00:24:54.270 your individual states legislation,

NOTE Confidence: 0.81996256

00:24:54.270 --> 00:24:56.170 specific insurance plans to know

NOTE Confidence: 0.81996256

00:24:56.170 --> 00:24:57.690 what is considered reimbursables,

NOTE Confidence: 0.81996256

00:24:57.690 --> 00:24:59.950 who's eligible.

NOTE Confidence: 0.81996256

00:24:59.950 --> 00:25:02.080 These are the states that currently

NOTE Confidence: 0.81996256

00:25:02.080 --> 00:25:03.500 have telemedicine parity laws,

NOTE Confidence: 0.81996256

00:25:03.500 --> 00:25:06.494 and there are two parity laws

NOTE Confidence: 0.81996256

00:25:06.494 --> 00:25:08.490 that are currently proposed

NOTE Confidence: 0.81996256

00:25:08.585 --> 00:25:11.039 or are pending at this time.

NOTE Confidence: 0.81996256

00:25:11.040 --> 00:25:12.282 So to summarize,

NOTE Confidence: 0.81996256

00:25:12.282 --> 00:25:14.352 pre pandemic telemedicine was extremely

NOTE Confidence: 0.81996256

00:25:14.352 --> 00:25:16.024 limited access to telemedicine

NOTE Confidence: 0.81996256

00:25:16.024 --> 00:25:17.979 services has been conducted mainly

NOTE Confidence: 0.81996256

00:25:17.979 --> 00:25:19.969 using the center center model,

NOTE Confidence: 0.81996256

00:25:19.970 --> 00:25:22.511 and it was really meant for the

NOTE Confidence: 0.81996256

00:25:22.511 --> 00:25:24.440 rural or underserved population.

NOTE Confidence: 0.81996256

00:25:24.440 --> 00:25:26.060 There's a definitions were

NOTE Confidence: 0.81996256

00:25:26.060 --> 00:25:26.870 extremely limiting.

NOTE Confidence: 0.81996256

00:25:26.870 --> 00:25:28.166 An established relationship

NOTE Confidence: 0.81996256

00:25:28.166 --> 00:25:30.758 was required at the state level

NOTE Confidence: 0.81996256

00:25:30.758 --> 00:25:32.819 for non Medicare patients the

NOTE Confidence: 0.81996256

00:25:32.819 --> 00:25:35.159 rules changed and it's hard for

NOTE Confidence: 0.81996256

00:25:35.236 --> 00:25:37.426 clinicians to keep up with that.

NOTE Confidence: 0.81996256

00:25:37.430 --> 00:25:39.728 Parity laws do try to address

NOTE Confidence: 0.81996256

00:25:39.728 --> 00:25:41.763 these changes and standardize visit

NOTE Confidence: 0.81996256

00:25:41.763 --> 00:25:43.928 reimbursement to a certain extent,

NOTE Confidence: 0.81996256

00:25:43.930 --> 00:25:45.758 but again, it's not.

NOTE Confidence: 0.81996256

00:25:45.758 --> 00:25:47.586 Available in every state.

NOTE Confidence: 0.81996256

00:25:47.590 --> 00:25:49.595 So it's been challenging prior

NOTE Confidence: 0.81996256

00:25:49.595 --> 00:25:50.798 to the pandemic.

NOTE Confidence: 0.81996256

00:25:50.800 --> 00:25:52.404 As we all know.

NOTE Confidence: 0.81996256

00:25:52.404 --> 00:25:55.401 Last year though, the pandemic struck

NOTE Confidence: 0.81996256

00:25:55.401 --> 00:25:58.983 and things changed quite a bit.

NOTE Confidence: 0.81996256

00:25:58.990 --> 00:26:00.570 In February of 2020,

NOTE Confidence: 0.81996256

00:26:00.570 --> 00:26:02.150 as we all know,

NOTE Confidence: 0.81996256

00:26:02.150 --> 00:26:04.115 the CDC issued guidance advising

NOTE Confidence: 0.81996256

00:26:04.115 --> 00:26:06.080 persons and health care providers

NOTE Confidence: 0.81996256

00:26:06.145 --> 00:26:08.251 in areas affected by the covid

NOTE Confidence: 0.81996256

00:26:08.251 --> 00:26:09.655 pandemic to adequately adopt

NOTE Confidence: 0.81996256

00:26:09.722 --> 00:26:11.630 social distancing practices and,

NOTE Confidence: 0.81996256

00:26:11.630 --> 00:26:14.164 as a result, a lot of hospitals

NOTE Confidence: 0.81996256

00:26:14.164 --> 00:26:15.980 shut down elective services,

NOTE Confidence: 0.81996256

00:26:15.980 --> 00:26:17.835 medical offices limited who they

NOTE Confidence: 0.81996256

00:26:17.835 --> 00:26:20.320 were seeing a lot of offices,

NOTE Confidence: 0.81996256

00:26:20.320 --> 00:26:23.085 including our own shut down like our

NOTE Confidence: 0.81996256

00:26:23.085 --> 00:26:25.186 Sleep Medicine Office, for example,

NOTE Confidence: 0.81996256

00:26:25.186 --> 00:26:27.934 and this led to patients having.

NOTE Confidence: 0.81996256

00:26:27.940 --> 00:26:30.478 Limited access to their clinicians and

NOTE Confidence: 0.81996256

00:26:30.478 --> 00:26:32.910 significant worry about health conditions.

NOTE Confidence: 0.81996256

00:26:32.910 --> 00:26:35.235 As a result,

NOTE Confidence: 0.81996256

00:26:35.235 --> 00:26:37.560 the Trump administration.

NOTE Confidence: 0.81996256

00:26:37.560 --> 00:26:40.969 Started the 1135 Eleven thirty five waiver,

NOTE Confidence: 0.81996256

00:26:40.970 --> 00:26:43.574 which was the declaration of the

NOTE Confidence: 0.81996256

00:26:43.574 --> 00:26:45.879 Covid pandemic as a disaster

NOTE Confidence: 0.81996256

00:26:45.879 --> 00:26:48.783 under the Stafford Act and the

NOTE Confidence: 0.81996256

00:26:48.783 --> 00:26:51.372 HHS Secretary with taking the

NOTE Confidence: 0.81996256

00:26:51.372 --> 00:26:54.002 declaration of the Public Health

NOTE Confidence: 0.81996256

00:26:54.002 --> 00:26:56.454 Emergency was given certain powers,

NOTE Confidence: 0.81996256

00:26:56.454 --> 00:26:59.076 and these powers allowed the Health

NOTE Confidence: 0.81996256

00:26:59.076 --> 00:27:01.625 and Human Services Secretary to

NOTE Confidence: 0.81996256

00:27:01.625 --> 00:27:04.823 temporarily waive or modify certain Medicare,

NOTE Confidence: 0.81996256

00:27:04.830 --> 00:27:05.360 Medicaid,

NOTE Confidence: 0.81996256

00:27:05.360 --> 00:27:07.480 and Children's Health Insurance

NOTE Confidence: 0.81996256

00:27:07.480 --> 00:27:09.070 Program requirements to.

NOTE Confidence: 0.81996256

00:27:09.070 --> 00:27:10.718 Really ensure sufficient health

NOTE Confidence: 0.81996256

00:27:10.718 --> 00:27:12.778 care items and services were

NOTE Confidence: 0.81996256

00:27:12.778 --> 00:27:15.187 available to meet the needs of the

NOTE Confidence: 0.81996256

00:27:15.187 --> 00:27:16.882 individuals that were enrolled in

NOTE Confidence: 0.81996256

00:27:16.882 --> 00:27:18.898 these programs in the emergency area.

NOTE Confidence: 0.81996256

00:27:18.900 --> 00:27:20.646 And given that this was a

NOTE Confidence: 0.81996256

00:27:20.646 --> 00:27:21.228 nationwide emergency,

NOTE Confidence: 0.81996256

00:27:21.230 --> 00:27:24.530 that was a very broad area.

NOTE Confidence: 0.81996256

00:27:24.530 --> 00:27:27.930 It also allowed for providers who gave such

NOTE Confidence: 0.81996256

00:27:27.930 --> 00:27:31.028 services in good faith to be reimbursed,

NOTE Confidence: 0.81996256

00:27:31.030 --> 00:27:32.326 exempted from sanctions.

NOTE Confidence: 0.81996256

00:27:32.326 --> 00:27:35.356 Absent any determination of order of them.

NOTE Confidence: 0.81996256

00:27:35.356 --> 00:27:36.349 So really,

NOTE Confidence: 0.81996256

00:27:36.349 --> 00:27:40.262 the 11:35 waiver was the major catalyst

NOTE Confidence: 0.81996256

00:27:40.262 --> 00:27:43.509 which then led to the CARES Act.

NOTE Confidence: 0.81996256

00:27:43.510 --> 00:27:45.850 The CARES act of the Coronavirus

NOTE Confidence: 0.81996256

00:27:45.850 --> 00:27:48.195 aid Relief and Economic Security Act

NOTE Confidence: 0.81996256

00:27:48.195 --> 00:27:50.687 was passed in March of last year,

NOTE Confidence: 0.8636275

00:27:50.690 --> 00:27:53.178 March 27th of 2020, and was a very

NOTE Confidence: 0.8636275

00:27:53.178 --> 00:27:55.527 large bill that had several major

NOTE Confidence: 0.8636275

00:27:55.527 --> 00:27:57.183 game changing provisions that

NOTE Confidence: 0.8636275

00:27:57.183 --> 00:27:59.665 help to improve the delivery of

NOTE Confidence: 0.8636275

00:27:59.665 --> 00:28:02.029 Tele Health to support the social

NOTE Confidence: 0.8636275

00:28:02.030 --> 00:28:03.920 distancing mandate from the CDC.

NOTE Confidence: 0.8636275

00:28:03.920 --> 00:28:06.188 There's obviously many sections to this.

NOTE Confidence: 0.8636275

00:28:06.190 --> 00:28:08.758 I just want to review a few of

NOTE Confidence: 0.8636275

00:28:08.758 --> 00:28:10.730 the most important ones.

NOTE Confidence: 0.8636275

00:28:10.730 --> 00:28:12.615 Section 3703 expanded Medicare's Tele

NOTE Confidence: 0.8636275

00:28:12.615 --> 00:28:14.942 health flexibility, so there was a.

NOTE Confidence: 0.8636275

00:28:14.942 --> 00:28:17.300 Waiver as there was a requirement

NOTE Confidence: 0.8636275

00:28:17.386 --> 00:28:18.430 for Medicare,

NOTE Confidence: 0.8636275

00:28:18.430 --> 00:28:21.510 excuse me that the patient had been seen

NOTE Confidence: 0.8636275

00:28:21.510 --> 00:28:24.817 by the provider the last three years.

NOTE Confidence: 0.8636275

00:28:24.820 --> 00:28:26.520 The so called established

NOTE Confidence: 0.8636275

00:28:26.520 --> 00:28:27.370 patient requirement.

NOTE Confidence: 0.8636275

00:28:27.370 --> 00:28:30.906 This was removed in section 3703 so new

NOTE Confidence: 0.8636275

00:28:30.906 --> 00:28:33.756 patients could be seen by Tele Health.

NOTE Confidence: 0.8636275

00:28:33.760 --> 00:28:36.994 It also removed definitions in Tele health

NOTE Confidence: 0.8636275

00:28:36.994 --> 00:28:39.727 that allowed providers to use audio only.

NOTE Confidence: 0.8636275

00:28:39.730 --> 00:28:42.364 Telehealth, so if patients didn't have

NOTE Confidence: 0.8636275

00:28:42.364 --> 00:28:45.379 access to smartphones or iPads or laptops.

NOTE Confidence: 0.8636275

00:28:45.380 --> 00:28:47.345 Phone calls could be completed

NOTE Confidence: 0.8636275

00:28:47.345 --> 00:28:49.700 reimbursed and safe from HIPAA laws,

NOTE Confidence: 0.8636275

00:28:49.700 --> 00:28:52.310 which obviously is very important.

NOTE Confidence: 0.8636275

00:28:52.310 --> 00:28:55.610 The HI HHS secretary also had

NOTE Confidence: 0.8636275

00:28:55.610 --> 00:28:57.810 significantly expanded authority to

NOTE Confidence: 0.8636275

00:28:57.903 --> 00:29:00.908 waive any other statutory limitations

NOTE Confidence: 0.8636275

00:29:00.908 --> 00:29:03.913 on Medicare Tele Health Services.

NOTE Confidence: 0.8636275

00:29:03.920 --> 00:29:06.992 Section 3707 required the HHS to

NOTE Confidence: 0.8636275

00:29:06.992 --> 00:29:09.743 actually issue clarifying guidance on

NOTE Confidence: 0.8636275

00:29:09.743 --> 00:29:12.247 encouraging use of telecommunications,

NOTE Confidence: 0.8636275

00:29:12.250 --> 00:29:12.794 and,

NOTE Confidence: 0.8636275

00:29:12.794 --> 00:29:13.882 you know,

NOTE Confidence: 0.8636275

00:29:13.882 --> 00:29:17.146 they were mandated in doing such

NOTE Confidence: 0.8636275

00:29:17.146 --> 00:29:21.130 part of what they came up with

NOTE Confidence: 0.8636275

00:29:21.130 --> 00:29:23.350 was providing $200 million.

NOTE Confidence: 0.8636275

00:29:23.350 --> 00:29:25.478 The Federal Communications Commission

NOTE Confidence: 0.8636275

00:29:25.478 --> 00:29:28.138 to specifically support health care

NOTE Confidence: 0.8636275

00:29:28.138 --> 00:29:30.473 providers addressing the coronavirus

NOTE Confidence: 0.8636275

00:29:30.473 --> 00:29:32.204 by telecommunications services

NOTE Confidence: 0.8636275

00:29:32.204 --> 00:29:34.512 by using information technology.

NOTE Confidence: 0.8636275

00:29:34.520 --> 00:29:37.285 And by providing devices to enable the

NOTE Confidence: 0.8636275

00:29:37.285 --> 00:29:39.679 provision of Tele health services.

NOTE Confidence: 0.8636275

00:29:39.680 --> 00:29:42.172 And I think one of the most

NOTE Confidence: 0.8636275

00:29:42.172 --> 00:29:44.229 important parts of the CARES

NOTE Confidence: 0.8636275

00:29:44.229 --> 00:29:46.494 act that will help immediately,

NOTE Confidence: 0.8636275

00:29:46.500 --> 00:29:49.708 but will help us in the long term.

NOTE Confidence: 0.8636275

00:29:49.710 --> 00:29:51.822 Is that $27 billion was earmarked

NOTE Confidence: 0.8636275

00:29:51.822 --> 00:29:54.920 for the to the HHS for modernization,

NOTE Confidence: 0.8636275

00:29:54.920 --> 00:29:56.524 and that included modernization

NOTE Confidence: 0.8636275

00:29:56.524 --> 00:29:58.930 of the workforce of Tele Health.

NOTE Confidence: 0.8636275

00:29:58.930 --> 00:30:00.274 Access of Tele.

NOTE Confidence: 0.8636275

00:30:00.274 --> 00:30:02.514 Health infrastructure and what the

NOTE Confidence: 0.8636275

00:30:02.514 --> 00:30:04.146 government essentially did through

NOTE Confidence: 0.8636275

00:30:04.146 --> 00:30:06.505 the CARES Act was allow for obviously

NOTE Confidence: 0.8636275

00:30:06.505 --> 00:30:08.690 short term access to Tele medicine,

NOTE Confidence: 0.8636275

00:30:08.690 --> 00:30:11.036 but really show that they wanted

NOTE Confidence: 0.8636275

00:30:11.036 --> 00:30:13.036 to permanently invest long term

NOTE Confidence: 0.8636275

00:30:13.036 --> 00:30:15.196 in Tele Health and Tele Medicine,

NOTE Confidence: 0.8636275

00:30:15.200 --> 00:30:17.720 which I think was a really positive

NOTE Confidence: 0.8636275

00:30:17.720 --> 00:30:19.410 omen for our future,

NOTE Confidence: 0.8636275

00:30:19.410 --> 00:30:20.938 especially in Sleep Medicine.

NOTE Confidence: 0.8606928

00:30:23.220 --> 00:30:25.326 Centers for Medicare followed suit as

NOTE Confidence: 0.8606928

00:30:25.326 --> 00:30:28.467 a result of the CARES Act being passed

NOTE Confidence: 0.8606928

00:30:28.467 --> 00:30:30.969 and several major provisions that really

NOTE Confidence: 0.8606928

00:30:31.041 --> 00:30:33.183 were large and conferences were lifted

NOTE Confidence: 0.8606928

00:30:33.183 --> 00:30:37.248 in terms of the use of Tele medicine.

NOTE Confidence: 0.8606928

00:30:37.250 --> 00:30:39.202 Geographic barriers were removed.

NOTE Confidence: 0.8606928

00:30:39.202 --> 00:30:42.589 Patients in all settings could access Tele

NOTE Confidence: 0.8606928

00:30:42.589 --> 00:30:45.645 medicine from home again from home from work,

NOTE Confidence: 0.8606928

00:30:45.650 --> 00:30:48.737 not just rural areas or underserved areas,

NOTE Confidence: 0.8606928

00:30:48.740 --> 00:30:50.950 but really a patient could

NOTE Confidence: 0.8606928

00:30:50.950 --> 00:30:53.160 access Tele health from anywhere.

NOTE Confidence: 0.8606928

00:30:53.160 --> 00:30:54.884 Positions could provide these

NOTE Confidence: 0.8606928

00:30:54.884 --> 00:30:56.608 telemedicine services to new

NOTE Confidence: 0.8606928

00:30:56.608 --> 00:30:58.020 established Medicare patients,

NOTE Confidence: 0.8606928

00:30:58.020 --> 00:30:59.346 as we discussed,

NOTE Confidence: 0.8606928

00:30:59.346 --> 00:31:02.440 the consent could be obtained by anyone,

NOTE Confidence: 0.8606928

00:31:02.440 --> 00:31:05.261 and it was only required once on

NOTE Confidence: 0.8606928

00:31:05.261 --> 00:31:07.480 an annual basis physicians.

NOTE Confidence: 0.8606928

00:31:07.480 --> 00:31:08.795 Could provide Tele health services

NOTE Confidence: 0.8606928

00:31:08.795 --> 00:31:09.847 from their own home.

NOTE Confidence: 0.8606928

00:31:09.850 --> 00:31:11.946 They didn't have to go through the office,

NOTE Confidence: 0.8606928

00:31:11.950 --> 00:31:14.092 although as we all know that

NOTE Confidence: 0.8606928

00:31:14.092 --> 00:31:16.280 switch quite a bit recently.

NOTE Confidence: 0.8606928

00:31:16.280 --> 00:31:17.845 And the physician specifically did

NOTE Confidence: 0.8606928

00:31:17.845 --> 00:31:19.844 not have to update their Medicare

NOTE Confidence: 0.8606928

00:31:19.844 --> 00:31:22.106 enrollment file with their home address

NOTE Confidence: 0.8606928

00:31:22.106 --> 00:31:24.308 and physicians license in one state

NOTE Confidence: 0.8606928

00:31:24.308 --> 00:31:26.003 could provide services to Medicare

NOTE Confidence: 0.8606928

00:31:26.003 --> 00:31:27.734 beneficiaries in another state.

NOTE Confidence: 0.8606928

00:31:27.734 --> 00:31:30.866 Although state licensure laws still applied.

NOTE Confidence: 0.8606928

00:31:30.870 --> 00:31:32.457 Significant technical barriers

NOTE Confidence: 0.8606928

00:31:32.457 --> 00:31:35.631 were removed any two way face

NOTE Confidence: 0.8606928

00:31:35.631 --> 00:31:38.597 to face maybe device was valid.

NOTE Confidence: 0.8606928

00:31:38.600 --> 00:31:43.526 No FaceTime, Skype zoom very popular.

NOTE Confidence: 0.8606928

00:31:43.530 --> 00:31:45.730 Platforms were used up front,

NOTE Confidence: 0.8606928

00:31:45.730 --> 00:31:47.925 however you know with HIPAA

NOTE Confidence: 0.8606928

00:31:47.925 --> 00:31:50.120 obviously needs to be followed.

NOTE Confidence: 0.8606928

00:31:50.120 --> 00:31:52.682 The Office of Civil Rights specifically

NOTE Confidence: 0.8606928

00:31:52.682 --> 00:31:54.390 discourage positions from using

NOTE Confidence: 0.8606928

00:31:54.454 --> 00:31:56.258 other platforms like Facebook,

NOTE Confidence: 0.8606928

00:31:56.260 --> 00:31:58.284 Twitch, or Tick Tock.

NOTE Confidence: 0.8606928

00:31:58.284 --> 00:32:01.840 Anything about the public would would face.

NOTE Confidence: 0.8606928

00:32:01.840 --> 00:32:02.339 And.

NOTE Confidence: 0.8606928

00:32:02.339 --> 00:32:04.335 Reimbursement was also enhanced

NOTE Confidence: 0.8606928

00:32:04.335 --> 00:32:07.371 and simplified to to a large

NOTE Confidence: 0.8606928

00:32:07.371 --> 00:32:09.626 degree as we talked about.

NOTE Confidence: 0.8606928

00:32:09.630 --> 00:32:11.242 Reimbursement was very challenging

NOTE Confidence: 0.8606928

00:32:11.242 --> 00:32:13.660 prior to the pandemic and code

NOTE Confidence: 0.8606928

00:32:13.723 --> 00:32:15.097 selection documentation guidelines

NOTE Confidence: 0.8606928

00:32:15.097 --> 00:32:17.845 for office visits were all very

NOTE Confidence: 0.8606928

00:32:17.845 --> 00:32:19.799 similar to face to face visits.

NOTE Confidence: 0.8606928

00:32:19.800 --> 00:32:22.686 Essentially physicians could bill for the

NOTE Confidence: 0.8606928

00:32:22.686 --> 00:32:26.550 most part based on time that they spent

NOTE Confidence: 0.8606928

00:32:26.550 --> 00:32:29.340 with their patients on Tele medicine.

NOTE Confidence: 0.8606928

00:32:29.340 --> 00:32:29.672 So.

NOTE Confidence: 0.8606928

00:32:29.672 --> 00:32:30.004 Overall,

NOTE Confidence: 0.8606928

00:32:30.004 --> 00:32:32.328 how they do I think they did

NOTE Confidence: 0.8606928

00:32:32.328 --> 00:32:33.979 a pretty good job.

NOTE Confidence: 0.8606928

00:32:33.980 --> 00:32:35.636 The goal was to improve access

NOTE Confidence: 0.8606928

00:32:35.636 --> 00:32:36.740 for patients and physicians,

NOTE Confidence: 0.8606928

00:32:36.740 --> 00:32:39.845 and I think it's a safe assumption to say

NOTE Confidence: 0.8606928

00:32:39.845 --> 00:32:42.895 that the CARES Act at a really good job.

NOTE Confidence: 0.8606928

00:32:42.900 --> 00:32:45.372 The CDC published a cross sectional

NOTE Confidence: 0.8606928

00:32:45.372 --> 00:32:48.263 analysis of Tele Health during the pandemic

NOTE Confidence: 0.8606928

00:32:48.263 --> 00:32:51.490 from the early aspects in January to March,

NOTE Confidence: 0.8606928

00:32:51.490 --> 00:32:53.530 and what they addressed were,

NOTE Confidence: 0.8606928

00:32:53.530 --> 00:32:54.278 you know,

NOTE Confidence: 0.8606928

00:32:54.278 --> 00:32:57.270 what really were the effects of some of

NOTE Confidence: 0.8606928

00:32:57.354 --> 00:33:00.490 these changes to help Tele health visits,

NOTE Confidence: 0.8606928

00:33:00.490 --> 00:33:00.898 and,

NOTE Confidence: 0.8606928

00:33:00.898 --> 00:33:02.530 although sounds pretty straightforward,

NOTE Confidence: 0.8606928

00:33:02.530 --> 00:33:05.706 I think they did a nice job in

NOTE Confidence: 0.8606928

00:33:05.706 --> 00:33:08.661 proving that there really were

NOTE Confidence: 0.8606928

00:33:08.661 --> 00:33:11.409 unprecedented increases in access.

NOTE Confidence: 0.8606928

00:33:11.410 --> 00:33:14.098 So to examine the changes in frequency

NOTE Confidence: 0.8606928

00:33:14.098 --> 00:33:17.209 of the use of Tele health services,

NOTE Confidence: 0.8606928

00:33:17.210 --> 00:33:19.395 the CDC looked at Deidentified

NOTE Confidence: 0.8606928

00:33:19.395 --> 00:33:22.079 encounter data from four of the

NOTE Confidence: 0.8606928

00:33:22.079 --> 00:33:24.611 largest Tele health providers and the

NOTE Confidence: 0.8606928

00:33:24.611 --> 00:33:27.508 trends in Tele Health were identified

NOTE Confidence: 0.8606928

00:33:27.508 --> 00:33:30.098 and analyzed again from January.

NOTE Confidence: 0.8606928

00:33:30.100 --> 00:33:30.556 First,

NOTE Confidence: 0.8606928

00:33:30.556 --> 00:33:32.836 which is surveillance week one

NOTE Confidence: 0.8606928

00:33:32.836 --> 00:33:36.248 all the way to the end of April,

NOTE Confidence: 0.8606928

00:33:36.250 --> 00:33:38.435 which goes up the surveillance

NOTE Confidence: 0.8606928

00:33:38.435 --> 00:33:41.560 Week 13 and these were compared to

NOTE Confidence: 0.8606928

00:33:41.560 --> 00:33:44.556 the same weeks the prior year and

NOTE Confidence: 0.8606928

00:33:44.556 --> 00:33:47.220 during the first quarter of 2020,

NOTE Confidence: 0.8606928

00:33:47.220 --> 00:33:49.848 the number of Tele Health visit

NOTE Confidence: 0.8606928

00:33:49.848 --> 00:33:52.238 increased significantly 50% and then

NOTE Confidence: 0.8606928

00:33:52.238 --> 00:33:55.442 154% increase in visits was noted

NOTE Confidence: 0.8606928

00:33:55.442 --> 00:33:58.375 in Surveillance Week 13 in 2020

NOTE Confidence: 0.8606928

00:33:58.375 --> 00:34:01.027 compared to the same period back

NOTE Confidence: 0.8676102

00:34:01.123 --> 00:34:02.528 in 2019. Early on,

NOTE Confidence: 0.8676102

00:34:02.528 --> 00:34:04.532 most of these encounters were noted

NOTE Confidence: 0.8676102

00:34:04.532 --> 00:34:07.071 to be from patients seeking care

NOTE Confidence: 0.8676102

00:34:07.071 --> 00:34:09.326 for conditions other than COVID-19.

NOTE Confidence: 0.8676102

00:34:09.330 --> 00:34:12.225 However, the proportion of COVID-19

NOTE Confidence: 0.8676102

00:34:12.225 --> 00:34:14.541 related encounters significantly increased

NOTE Confidence: 0.8676102

00:34:14.541 --> 00:34:17.336 in the last three weeks of March.

NOTE Confidence: 0.8676102

00:34:17.340 --> 00:34:20.517 So this is a bar graph that kind of

NOTE Confidence: 0.8676102

00:34:20.517 --> 00:34:23.898 looks to discuss that a little bit more.

NOTE Confidence: 0.8676102

00:34:23.900 --> 00:34:26.150 What we're seeing is that coronavirus

NOTE Confidence: 0.8676102

00:34:26.150 --> 00:34:28.507 like symptoms are the dark blue

NOTE Confidence: 0.8676102

00:34:28.507 --> 00:34:30.075 coronavirus related ICD 10.

NOTE Confidence: 0.8676102

00:34:30.080 --> 00:34:32.084 Coding is the slightly more lighter

NOTE Confidence: 0.8676102

00:34:32.084 --> 00:34:35.260 blue and then the lightest blue is the

NOTE Confidence: 0.8676102

00:34:35.260 --> 00:34:37.028 coronavirus related texturing only.

NOTE Confidence: 0.8676102

00:34:37.030 --> 00:34:39.302 And what we see is during the end

NOTE Confidence: 0.8676102

00:34:39.302 --> 00:34:41.402 of the surveillance period really

NOTE Confidence: 0.8676102

00:34:41.402 --> 00:34:43.822 analogous to when the pandemic

NOTE Confidence: 0.8676102

00:34:43.822 --> 00:34:46.289 really was starting to ramp up.

NOTE Confidence: 0.8676102

00:34:46.290 --> 00:34:48.326 We do see and.

NOTE Confidence: 0.8676102

00:34:48.326 --> 00:34:51.380 Increase in visits via Tele medicine

NOTE Confidence: 0.8676102

00:34:51.484 --> 00:34:55.576 that were related to COVID-19 encounters.

NOTE Confidence: 0.8676102

00:34:55.580 --> 00:34:57.495 I think what's really interesting

NOTE Confidence: 0.8676102

00:34:57.495 --> 00:35:00.037 with that graph in comparisons of this

NOTE Confidence: 0.8676102

00:35:00.037 --> 00:35:02.004 one is that this is a representation

NOTE Confidence: 0.8676102

00:35:02.004 --> 00:35:03.788 of that increase in access,

NOTE Confidence: 0.8676102

00:35:03.790 --> 00:35:05.842 again compared to 2019 in the

NOTE Confidence: 0.8676102

00:35:05.842 --> 00:35:06.868 same surveillance period.

NOTE Confidence: 0.8676102

00:35:06.870 --> 00:35:09.598 It's a little bit of a busy graph,

NOTE Confidence: 0.8676102

00:35:09.600 --> 00:35:13.020 so we can just spend a minute looking at it.

NOTE Confidence: 0.8676102

00:35:13.020 --> 00:35:15.400 What we're seeing is the number of

NOTE Confidence: 0.8676102

00:35:15.400 --> 00:35:17.469 encounters on the left hand side,

NOTE Confidence: 0.8676102

00:35:17.470 --> 00:35:19.857 the surveillance week on the X axis,

NOTE Confidence: 0.8676102

00:35:19.860 --> 00:35:21.906 and on the right hand side.

NOTE Confidence: 0.8676102

00:35:21.910 --> 00:35:24.346 Y axis is the percentage change

NOTE Confidence: 0.8676102

00:35:24.346 --> 00:35:25.970 from 2019 to 2020.

NOTE Confidence: 0.8676102

00:35:25.970 --> 00:35:28.525 The dark line is the percent change

NOTE Confidence: 0.8676102

00:35:28.525 --> 00:35:30.506 in Tele health encounters from

NOTE Confidence: 0.8676102

00:35:30.506 --> 00:35:33.320 2019 to 2020 and the dotted dashed

NOTE Confidence: 0.8676102

00:35:33.320 --> 00:35:35.991 line is the percent change in YD

NOTE Confidence: 0.8676102

00:35:35.991 --> 00:35:38.264 visits during the same time period.

NOTE Confidence: 0.8676102

00:35:38.264 --> 00:35:41.480 So we can clearly see the 11:35 waivers

NOTE Confidence: 0.8676102

00:35:41.563 --> 00:35:44.347 go into effect on March 6th of 2020,

NOTE Confidence: 0.8676102

00:35:44.350 --> 00:35:46.681 and then there is a sharp rise

NOTE Confidence: 0.8676102

00:35:46.681 --> 00:35:48.570 in Tele health encounters,

NOTE Confidence: 0.8676102

00:35:48.570 --> 00:35:51.300 and I think what's interesting to see

NOTE Confidence: 0.8676102

00:35:51.300 --> 00:35:54.309 is there's also a sharp decline as well,

NOTE Confidence: 0.8676102

00:35:54.310 --> 00:35:57.236 a divergent in the graph away from.

NOTE Confidence: 0.8676102

00:35:57.240 --> 00:36:00.696 ER visits with the group favoring

NOTE Confidence: 0.8676102

00:36:00.696 --> 00:36:02.424 Tele health encounters.

NOTE Confidence: 0.8676102

00:36:02.430 --> 00:36:04.346 During this time period,

NOTE Confidence: 0.8676102

00:36:04.346 --> 00:36:07.220 most of these Tele health encounters

NOTE Confidence: 0.8676102

00:36:07.304 --> 00:36:10.368 for adults were aged between 18 and 49.

NOTE Confidence: 0.8676102

00:36:10.370 --> 00:36:12.570 This was 66% in 2019.

NOTE Confidence: 0.8676102

00:36:12.570 --> 00:36:16.048 That age group and 69% in 2020,

NOTE Confidence: 0.8676102

00:36:16.048 --> 00:36:19.218 so really not significantly different.

NOTE Confidence: 0.8676102

00:36:19.220 --> 00:36:21.076 The majority were females,

NOTE Confidence: 0.8676102

00:36:21.076 --> 00:36:24.560 63% both in 2019 and 2020.

NOTE Confidence: 0.8676102

00:36:24.560 --> 00:36:26.300 And.

NOTE Confidence: 0.8676102

00:36:26.300 --> 00:36:26.693 Again,

NOTE Confidence: 0.8676102

00:36:26.693 --> 00:36:28.658 in the early pandemic period,

NOTE Confidence: 0.8676102

00:36:28.660 --> 00:36:30.740 the percentage of Tele health

NOTE Confidence: 0.8676102

00:36:30.740 --> 00:36:32.404 visits really only increased

NOTE Confidence: 0.8676102

00:36:32.404 --> 00:36:34.570 slightly compared to the year prior,

NOTE Confidence: 0.8676102

00:36:34.570 --> 00:36:37.318 but again went up as expected

NOTE Confidence: 0.8676102

00:36:37.318 --> 00:36:40.188 after the 11:35 waivers and the

NOTE Confidence: 0.8676102

00:36:40.188 --> 00:36:42.088 CARES Act were initiated.

NOTE Confidence: 0.8676102

00:36:42.090 --> 00:36:43.548 So overall, really,

NOTE Confidence: 0.8676102

00:36:43.548 --> 00:36:46.464 the cross sectional analysis shows that.

NOTE Confidence: 0.8676102

00:36:46.470 --> 00:36:48.450 The government actually did a really

NOTE Confidence: 0.8676102

00:36:48.450 --> 00:36:50.921 good job in terms of allowing for

NOTE Confidence: 0.8676102

00:36:50.921 --> 00:36:52.726 better access for patients during

NOTE Confidence: 0.8676102

00:36:52.726 --> 00:36:54.920 the early stages of the pandemic.

NOTE Confidence: 0.8676102

00:36:54.920 --> 00:36:56.816 There were substantial increases

NOTE Confidence: 0.8676102

00:36:56.816 --> 00:36:59.660 in Tele medicine visits that were

NOTE Confidence: 0.8676102

00:36:59.733 --> 00:37:01.959 made in the first three months.

NOTE Confidence: 0.8676102

00:37:01.960 --> 00:37:04.487 Compared to the same period in 2019,

NOTE Confidence: 0.8676102

00:37:04.490 --> 00:37:06.295 Ed visits went down dramatically

NOTE Confidence: 0.8676102

00:37:06.295 --> 00:37:07.739 during that same period,

NOTE Confidence: 0.8676102

00:37:07.740 --> 00:37:10.267 which I think we all felt in

NOTE Confidence: 0.8676102

00:37:10.267 --> 00:37:11.350 our own practices,

NOTE Confidence: 0.8676102

00:37:11.350 --> 00:37:13.882 and these increases in visits were

NOTE Confidence: 0.8676102

00:37:13.882 --> 00:37:16.310 directly attributable to the CARES Act.

NOTE Confidence: 0.8676102

00:37:16.310 --> 00:37:17.958 They helped improve provider

NOTE Confidence: 0.8676102

00:37:17.958 --> 00:37:19.194 payment for services,

NOTE Confidence: 0.8676102

00:37:19.200 --> 00:37:21.265 allowance of care for out-of-state

NOTE Confidence: 0.8676102

00:37:21.265 --> 00:37:22.917 patients was really important.

NOTE Confidence: 0.8676102

00:37:22.920 --> 00:37:24.956 Authorization for multiple different

NOTE Confidence: 0.8676102

00:37:24.956 --> 00:37:28.010 types of services and reduced cost

NOTE Confidence: 0.85605353

00:37:28.084 --> 00:37:30.314 sharing was also all really

NOTE Confidence: 0.85605353

00:37:30.314 --> 00:37:32.098 important to virtual visits.

NOTE Confidence: 0.85605353

00:37:32.100 --> 00:37:34.920 Based on executive orders in 2020,

NOTE Confidence: 0.85605353

00:37:34.920 --> 00:37:36.800 these changes became permanent.

NOTE Confidence: 0.85605353

00:37:36.800 --> 00:37:37.740 Medicare added,

NOTE Confidence: 0.85605353

00:37:37.740 --> 00:37:40.734 somewhere along the order of 144

NOTE Confidence: 0.85605353

00:37:40.734 --> 00:37:43.239 different Tele medicine services that

NOTE Confidence: 0.85605353

00:37:43.239 --> 00:37:46.200 they added to their permanent list and,

NOTE Confidence: 0.85605353

00:37:46.200 --> 00:37:49.490 as a result of this, these services

NOTE Confidence: 0.85605353

00:37:49.490 --> 00:37:53.250 are going to be for the near future.

NOTE Confidence: 0.85605353

00:37:53.250 --> 00:37:56.449 Here to stay, see Ms has commissioned

NOTE Confidence: 0.85605353

00:37:56.449 --> 00:37:59.827 a study to look at Tele health,

NOTE Confidence: 0.85605353

00:37:59.830 --> 00:38:02.190 flexibility and.

NOTE Confidence: 0.85605353

00:38:02.190 --> 00:38:04.698 Evaluate what was provided during the

NOTE Confidence: 0.85605353

00:38:04.698 --> 00:38:07.600 public health emergency and to look for

NOTE Confidence: 0.85605353

00:38:07.600 --> 00:38:09.530 opportunities really to better Tele

NOTE Confidence: 0.85605353

00:38:09.530 --> 00:38:11.789 health going forward in the future.

NOTE Confidence: 0.85605353

00:38:11.790 --> 00:38:14.535 I know we're running a little bit on time,

NOTE Confidence: 0.85605353

00:38:14.540 --> 00:38:17.051 so I'm going to try to go through these

NOTE Confidence: 0.85605353

00:38:17.051 --> 00:38:19.744 next couple of parts a little bit quickly,

NOTE Confidence: 0.85605353

00:38:19.750 --> 00:38:20.055 please.

NOTE Confidence: 0.85605353

00:38:20.055 --> 00:38:22.495 Please jump in if you have any questions.

NOTE Confidence: 0.85605353

00:38:22.500 --> 00:38:24.777 I want to spend a little bit of time

NOTE Confidence: 0.85605353

00:38:24.777 --> 00:38:27.092 that we have remaining on what evidence

NOTE Confidence: 0.85605353

00:38:27.092 --> 00:38:29.540 really is out there in Tele medicine,

NOTE Confidence: 0.85605353

00:38:29.540 --> 00:38:31.346 and these are all pre pandemic

NOTE Confidence: 0.85605353

00:38:31.346 --> 00:38:33.522 studies that I'm going to show you

NOTE Confidence: 0.85605353

00:38:33.522 --> 00:38:35.047 and they're all sleep specific.

NOTE Confidence: 0.85605353

00:38:35.050 --> 00:38:36.882 So I think this is a really nice

NOTE Confidence: 0.85605353

00:38:36.882 --> 00:38:38.624 group of papers that have been

NOTE Confidence: 0.85605353

00:38:38.624 --> 00:38:40.466 published and they look at really

NOTE Confidence: 0.85605353

00:38:40.525 --> 00:38:42.477 answering some important questions.

NOTE Confidence: 0.85605353

00:38:42.480 --> 00:38:44.881 Is Tele medicine non inferior to conventional

NOTE Confidence: 0.85605353

00:38:44.881 --> 00:38:47.216 face or face to face to face care?

NOTE Confidence: 0.85605353

00:38:47.220 --> 00:38:48.484 Which specific sleep pathologies

NOTE Confidence: 0.85605353

00:38:48.484 --> 00:38:49.748 benefit from telemedicine encounters?

NOTE Confidence: 0.85605353

00:38:49.750 --> 00:38:50.316 If any,

NOTE Confidence: 0.85605353

00:38:50.316 --> 00:38:51.731 do patients like virtual visits

NOTE Confidence: 0.85605353

00:38:51.731 --> 00:38:53.344 and water patient perceptions of

NOTE Confidence: 0.85605353

00:38:53.344 --> 00:38:55.119 doctors in the virtual environment?

NOTE Confidence: 0.85605353

00:38:55.120 --> 00:38:57.298 I think these are all relevant

NOTE Confidence: 0.85605353

00:38:57.298 --> 00:38:59.503 questions to ask and I think

NOTE Confidence: 0.85605353

00:38:59.503 --> 00:39:01.890 some of these studies have done a

NOTE Confidence: 0.85605353

00:39:01.890 --> 00:39:04.228 really good job in answering them.

NOTE Confidence: 0.85605353

00:39:04.230 --> 00:39:06.862 So I think this is really the low

NOTE Confidence: 0.85605353

00:39:06.862 --> 00:39:08.919 hanging fruit for Sleep Medicine,

NOTE Confidence: 0.85605353

00:39:08.920 --> 00:39:10.730 and that's long term management,

NOTE Confidence: 0.85605353

00:39:10.730 --> 00:39:14.276 obstructive sleep apnea, and using CPAP.

NOTE Confidence: 0.85605353

00:39:14.280 --> 00:39:14.918 You know,

NOTE Confidence: 0.85605353

00:39:14.918 --> 00:39:16.832 obviously this represents one of our

NOTE Confidence: 0.85605353

00:39:16.832 --> 00:39:18.928 most chronic and common patient groups,

NOTE Confidence: 0.85605353

00:39:18.930 --> 00:39:20.862 and the interaction already is somewhat

NOTE Confidence: 0.85605353

00:39:20.862 --> 00:39:23.580 remote in nature as we have remote downloads,

NOTE Confidence: 0.85605353

00:39:23.580 --> 00:39:24.198 pressure changes,

NOTE Confidence: 0.85605353

00:39:24.198 --> 00:39:26.670 so it was an excellent place to really

NOTE Confidence: 0.85605353

00:39:26.732 --> 00:39:28.860 start and look at the evidence behind

NOTE Confidence: 0.85605353

00:39:28.860 --> 00:39:31.208 Tele medicine and real world applicability.

NOTE Confidence: 0.85605353

00:39:31.210 --> 00:39:33.130 So this is a study from the Blue

NOTE Confidence: 0.85605353

00:39:33.130 --> 00:39:34.763 Journal that was multicentered

NOTE Confidence: 0.85605353

00:39:34.763 --> 00:39:35.857 prospective randomized,

NOTE Confidence: 0.85605353

00:39:35.860 --> 00:39:38.338 and it was a non inferiority trial

NOTE Confidence: 0.85605353

00:39:38.338 --> 00:39:40.415 that was conducted at 17 sleep

NOTE Confidence: 0.85605353

00:39:40.415 --> 00:39:42.613 centers in Japan and this is really

NOTE Confidence: 0.85605353

00:39:42.684 --> 00:39:44.288 used to investigate the.

NOTE Confidence: 0.85605353

00:39:44.290 --> 00:39:46.775 Effects of Tele medicine of a Tele

NOTE Confidence: 0.85605353

00:39:46.775 --> 00:39:48.286 medicine intervention on treatment

NOTE Confidence: 0.85605353

00:39:48.286 --> 00:39:50.560 adherence in long term CPAP users.

NOTE Confidence: 0.85605353

00:39:50.560 --> 00:39:52.660 Japan's quite a bit different from

NOTE Confidence: 0.85605353

00:39:52.660 --> 00:39:55.470 us and one of their differences in

NOTE Confidence: 0.85605353

00:39:55.470 --> 00:39:57.695 treating long term CPAP patients

NOTE Confidence: 0.85605353

00:39:57.695 --> 00:40:00.405 is that those that are on C pap.

NOTE Confidence: 0.85605353

00:40:00.410 --> 00:40:02.832 We must undergo at the time of

NOTE Confidence: 0.85605353

00:40:02.832 --> 00:40:05.752 this study face to face follow up

NOTE Confidence: 0.85605353

00:40:05.752 --> 00:40:07.105 by physicians regularly,

NOTE Confidence: 0.85605353

00:40:07.110 --> 00:40:08.682 even if long term.

NOTE Confidence: 0.85605353

00:40:08.682 --> 00:40:10.647 CPAP adherence has been established.

NOTE Confidence: 0.85605353

00:40:10.650 --> 00:40:12.226 You know, obviously quite

NOTE Confidence: 0.85605353

00:40:12.226 --> 00:40:14.590 different from how we do things.

NOTE Confidence: 0.85605353

00:40:14.590 --> 00:40:16.780 Mostly positions see their patients in

NOTE Confidence: 0.85605353

00:40:16.780 --> 00:40:18.930 Japan Monthly for therapy management.

NOTE Confidence: 0.85605353

00:40:18.930 --> 00:40:19.323 Again,

NOTE Confidence: 0.85605353

00:40:19.323 --> 00:40:22.074 even if they have long term adherence.

NOTE Confidence: 0.85605353

00:40:22.080 --> 00:40:24.472 So because there's intensive

NOTE Confidence: 0.85605353

00:40:24.472 --> 00:40:25.668 support required.

NOTE Confidence: 0.85605353

00:40:25.670 --> 00:40:28.463 The main question of the study was

NOTE Confidence: 0.85605353

00:40:28.463 --> 00:40:30.687 that would reducing frequency of

NOTE Confidence: 0.85605353

00:40:30.687 --> 00:40:33.519 visits lead to worsening of adherence,

NOTE Confidence: 0.85605353

00:40:33.520 --> 00:40:35.848 or could we add junked if

NOTE Confidence: 0.85605353

00:40:35.848 --> 00:40:37.400 Lee use Tele medicine

NOTE Confidence: 0.79087836

00:40:37.491 --> 00:40:39.886 to prevent a worsening of

NOTE Confidence: 0.79087836

00:40:39.886 --> 00:40:42.281 adherence or essentially have no

NOTE Confidence: 0.79087836

00:40:42.373 --> 00:40:45.018 change in adherence in patients?

NOTE Confidence: 0.79087836

00:40:45.020 --> 00:40:47.414 So the groups assumption was that

NOTE Confidence: 0.79087836

00:40:47.414 --> 00:40:49.794 adherence would drop if a time

NOTE Confidence: 0.79087836

00:40:49.794 --> 00:40:52.293 interval went from one month to longer.

NOTE Confidence: 0.79087836

00:40:52.300 --> 00:40:54.210 They used three months as

NOTE Confidence: 0.79087836

00:40:54.210 --> 00:40:55.738 their longer time interval,

NOTE Confidence: 0.79087836

00:40:55.740 --> 00:40:57.820 and they hypothesize that using

NOTE Confidence: 0.79087836

00:40:57.820 --> 00:40:59.484 complementary support with telemedicine

NOTE Confidence: 0.79087836

00:40:59.484 --> 00:41:01.487 will prevent a drop in adherence.

NOTE Confidence: 0.79087836

00:41:01.490 --> 00:41:03.686 So participants in this study were

NOTE Confidence: 0.79087836

00:41:03.686 --> 00:41:06.089 randomized to one of three groups,

NOTE Confidence: 0.79087836

00:41:06.090 --> 00:41:08.005 a Tele medicine group that

NOTE Confidence: 0.79087836

00:41:08.005 --> 00:41:09.920 followed up every three months,

NOTE Confidence: 0.79087836

00:41:09.920 --> 00:41:12.848 and there was a monthly and sorry about

NOTE Confidence: 0.79087836

00:41:12.848 --> 00:41:16.127 follow up was in person every three months.

NOTE Confidence: 0.79087836

00:41:16.130 --> 00:41:18.482 And there was a monthly Tele medicine

NOTE Confidence: 0.79087836

00:41:18.482 --> 00:41:20.020 intervention that included coaching.

NOTE Confidence: 0.79087836

00:41:20.020 --> 00:41:20.730 If required.

NOTE Confidence: 0.79087836

00:41:20.730 --> 00:41:23.215 A three month group that met every

NOTE Confidence: 0.79087836

00:41:23.215 --> 00:41:25.449 three months in person and the

NOTE Confidence: 0.79087836

00:41:25.449 --> 00:41:27.652 Standard Care Group which met once

NOTE Confidence: 0.79087836

00:41:27.652 --> 00:41:29.934 a month and had regular follow up.

NOTE Confidence: 0.79087836

00:41:29.940 --> 00:41:32.220 These groups were followed for six

NOTE Confidence: 0.79087836

00:41:32.220 --> 00:41:34.469 months and they essentially looked at

NOTE Confidence: 0.79087836

00:41:34.469 --> 00:41:36.455 adherence as the primary endpoint as

NOTE Confidence: 0.79087836

00:41:36.455 --> 00:41:38.869 well as the change from baseline in

NOTE Confidence: 0.79087836

00:41:38.869 --> 00:41:41.048 the percentage of days that patients

NOTE Confidence: 0.79087836

00:41:41.048 --> 00:41:45.440 use CPAP for at least four hours per night.

NOTE Confidence: 0.79087836

00:41:45.440 --> 00:41:48.751 So additional data that they collected within

NOTE Confidence: 0.79087836

00:41:48.751 --> 00:41:52.267 this group were baseline and end of study,

NOTE Confidence: 0.79087836

00:41:52.270 --> 00:41:53.190 Epworth Sleepiness,

NOTE Confidence: 0.79087836

00:41:53.190 --> 00:41:53.650 scores,

NOTE Confidence: 0.79087836

00:41:53.650 --> 00:41:55.490 Pittsburgh Sleep Quality Index

NOTE Confidence: 0.79087836

00:41:55.490 --> 00:41:58.166 and they also looked at patient

NOTE Confidence: 0.79087836

00:41:58.166 --> 00:42:00.211 satisfaction with the allocated OSA

NOTE Confidence: 0.79087836

00:42:00.211 --> 00:42:02.575 care which was evaluated through

NOTE Confidence: 0.79087836

00:42:02.575 --> 00:42:04.547 a multiple choice questionnaire.

NOTE Confidence: 0.79087836

00:42:04.550 --> 00:42:05.566 And again,

NOTE Confidence: 0.79087836

00:42:05.566 --> 00:42:08.614 the hypothesis was that the Tele

NOTE Confidence: 0.79087836

00:42:08.614 --> 00:42:10.590 medicine intervention or the

NOTE Confidence: 0.79087836

00:42:10.590 --> 00:42:12.342 three month intervention would

NOTE Confidence: 0.79087836

00:42:12.342 --> 00:42:15.270 be non inferior to the one month.

NOTE Confidence: 0.79087836

00:42:15.270 --> 00:42:18.510 Group and.

NOTE Confidence: 0.79087836

00:42:18.510 --> 00:42:22.212 This was again a non inferiority

NOTE Confidence: 0.79087836

00:42:22.212 --> 00:42:23.446 design study.

NOTE Confidence: 0.79087836

00:42:23.450 --> 00:42:26.414 So they needed to enroll about

NOTE Confidence: 0.79087836

00:42:26.414 --> 00:42:29.070 132 patients in this study,

NOTE Confidence: 0.79087836

00:42:29.070 --> 00:42:33.158 and they assumed the dropout rate around 10%,

NOTE Confidence: 0.79087836

00:42:33.160 --> 00:42:36.744 so they ended up wanting to recruit

NOTE Confidence: 0.79087836

00:42:36.744 --> 00:42:39.799 about 150 patients per each group.

NOTE Confidence: 0.79087836

00:42:39.800 --> 00:42:43.216 What they ended up getting were about

NOTE Confidence: 0.79087836

00:42:43.216 --> 00:42:46.946 161 patients in the Tele Medicine TM

NOTE Confidence: 0.79087836

00:42:46.946 --> 00:42:49.661 Group that underwent full analysis

NOTE Confidence: 0.79087836

00:42:49.661 --> 00:42:53.800 set analysis 166 in the three month group.

NOTE Confidence: 0.79087836

00:42:53.800 --> 00:42:56.312 And then 156 in the one month group

NOTE Confidence: 0.79087836

00:42:56.312 --> 00:42:58.575 the per protocol analysis numbers

NOTE Confidence: 0.79087836

00:42:58.575 --> 00:43:01.175 are listed directly below that.

NOTE Confidence: 0.79087836

00:43:01.180 --> 00:43:03.230 Anyone with protocol violations were

NOTE Confidence: 0.79087836

00:43:03.230 --> 00:43:05.280 dropped out from this analysis,

NOTE Confidence: 0.79087836

00:43:05.280 --> 00:43:07.850 but otherwise anyone who completed

NOTE Confidence: 0.79087836

00:43:07.850 --> 00:43:11.044 the full protocol for six months

NOTE Confidence: 0.79087836

00:43:11.044 --> 00:43:13.689 were included in these groups.

NOTE Confidence: 0.79087836

00:43:13.690 --> 00:43:15.886 Overall, groups were very clinically similar.

NOTE Confidence: 0.79087836

00:43:15.890 --> 00:43:18.092 A couple of important points that

NOTE Confidence: 0.79087836

00:43:18.092 --> 00:43:19.193 I'll point out.

NOTE Confidence: 0.79087836

00:43:19.200 --> 00:43:21.035 The groups are predominantly male

NOTE Confidence: 0.79087836

00:43:21.035 --> 00:43:22.870 and they were not obese,

NOTE Confidence: 0.79087836

00:43:22.870 --> 00:43:24.306 but there are overweight.

NOTE Confidence: 0.79087836

00:43:24.306 --> 00:43:26.905 You can see that BMI is around

NOTE Confidence: 0.79087836

00:43:26.905 --> 00:43:28.735 27 in all three groups,

NOTE Confidence: 0.79087836

00:43:28.740 --> 00:43:30.570 and these were pretty seasoned

NOTE Confidence: 0.79087836

00:43:30.570 --> 00:43:31.668 C Pap veterans.

NOTE Confidence: 0.79087836

00:43:31.670 --> 00:43:32.771 They the implementation

NOTE Confidence: 0.79087836

00:43:32.771 --> 00:43:34.606 time was about 29 months,

NOTE Confidence: 0.79087836

00:43:34.610 --> 00:43:37.454 so they had been on C pap for quite

NOTE Confidence: 0.79087836

00:43:37.454 --> 00:43:40.796 a bit of time and a majority of

NOTE Confidence: 0.79087836

00:43:40.796 --> 00:43:43.169 these patients were on auto set.

NOTE Confidence: 0.79087836

00:43:43.170 --> 00:43:43.542 C.

NOTE Confidence: 0.79087836

00:43:43.542 --> 00:43:45.774 PAP and the pressure and their

NOTE Confidence: 0.79087836

00:43:45.774 --> 00:43:48.080 residual hi were pretty similar.

NOTE Confidence: 0.79087836

00:43:48.080 --> 00:43:50.505 They use pretty standard good

NOTE Confidence: 0.79087836

00:43:50.505 --> 00:43:51.960 adherence definitions greater

NOTE Confidence: 0.79087836

00:43:51.960 --> 00:43:54.816 than four hours and 70% and the

NOTE Confidence: 0.79087836

00:43:54.816 --> 00:43:57.056 baseline Epworth was under 10.

NOTE Confidence: 0.79087836

00:43:57.060 --> 00:44:01.550 In the PS, Qi was around 5:00 for each group.

NOTE Confidence: 0.8287766

00:44:03.720 --> 00:44:06.100 And this chart looks at frequency of

NOTE Confidence: 0.8287766

00:44:06.100 --> 00:44:08.329 telephone coaching in the Tele Medicine

NOTE Confidence: 0.8287766

00:44:08.329 --> 00:44:10.234 Group and essentially 52 patients.

NOTE Confidence: 0.8287766

00:44:10.240 --> 00:44:12.767 A telephone in the Tele Medicine Group,

NOTE Confidence: 0.8287766

00:44:12.770 --> 00:44:14.580 which is about a third

NOTE Confidence: 0.8287766

00:44:14.580 --> 00:44:15.666 received telephone coaching.

NOTE Confidence: 0.8287766

00:44:15.670 --> 00:44:16.864 During the study,

NOTE Confidence: 0.8287766

00:44:16.864 --> 00:44:19.252 the percentage of patients who had

NOTE Confidence: 0.8287766

00:44:19.252 --> 00:44:21.513 telephone coaching was lower in the

NOTE Confidence: 0.8287766

00:44:21.513 --> 00:44:23.695 group with good CPAP adherence as

NOTE Confidence: 0.8287766

00:44:23.695 --> 00:44:25.579 we expected compared to those who

NOTE Confidence: 0.8287766

00:44:25.579 --> 00:44:29.905 had bad CPAP adherence at baseline.

NOTE Confidence: 0.8287766

00:44:29.905 --> 00:44:32.960 Uhm? And in terms of results,

NOTE Confidence: 0.8287766

00:44:32.960 --> 00:44:35.185 we're looking at percent change

NOTE Confidence: 0.8287766

00:44:35.185 --> 00:44:37.786 in CPAP adherence from baseline to

NOTE Confidence: 0.8287766

00:44:37.786 --> 00:44:39.886 the end of the six month study.

NOTE Confidence: 0.8287766

00:44:39.890 --> 00:44:41.810 In the full analysis set.

NOTE Confidence: 0.8287766

00:44:41.810 --> 00:44:42.646 So again,

NOTE Confidence: 0.8287766

00:44:42.646 --> 00:44:45.154 we're looking at percent change of

NOTE Confidence: 0.8287766

00:44:45.154 --> 00:44:47.893 days greater than four hours per night

NOTE Confidence: 0.8287766

00:44:47.893 --> 00:44:51.047 from the baseline to the end of the study.

NOTE Confidence: 0.8287766

00:44:51.050 --> 00:44:53.360 They were characterized in three groups.

NOTE Confidence: 0.8287766

00:44:53.360 --> 00:44:55.285 They either had a less

NOTE Confidence: 0.8287766

00:44:55.285 --> 00:44:56.826 than negative 5% change,

NOTE Confidence: 0.8287766

00:44:56.826 --> 00:44:58.370 they had deterioration essentially,

NOTE Confidence: 0.8287766

00:44:58.370 --> 00:44:59.982 which is in black.

NOTE Confidence: 0.8287766

00:44:59.982 --> 00:45:01.594 The black bars grey.

NOTE Confidence: 0.8287766

00:45:01.600 --> 00:45:05.044 Is no change which is greater than

NOTE Confidence: 0.8287766

00:45:05.044 --> 00:45:08.976 negative 5% to less than 5% or greater

NOTE Confidence: 0.8287766

00:45:08.976 --> 00:45:13.280 than 5% was an improvement in adherence.

NOTE Confidence: 0.8287766

00:45:13.280 --> 00:45:14.750 What we're seeing is the telemedicine

NOTE Confidence: 0.8287766

00:45:14.750 --> 00:45:16.090 group in the first column,

NOTE Confidence: 0.8287766

00:45:16.090 --> 00:45:18.130 the three month group in the second column,

NOTE Confidence: 0.8287766

00:45:18.130 --> 00:45:20.416 and the one month group in the third column,

NOTE Confidence: 0.8287766

00:45:20.420 --> 00:45:22.430 which was the control group.

NOTE Confidence: 0.8287766

00:45:22.430 --> 00:45:23.720 Deterioration in adherence

NOTE Confidence: 0.8287766

00:45:23.720 --> 00:45:25.870 is found in 41 patients,

NOTE Confidence: 0.8287766

00:45:25.870 --> 00:45:28.020 which was about 1/4 of

NOTE Confidence: 0.8287766

00:45:28.020 --> 00:45:29.310 the telemedicine group.

NOTE Confidence: 0.8287766

00:45:29.310 --> 00:45:31.782 55 patients was about a third

NOTE Confidence: 0.8287766

00:45:31.782 --> 00:45:34.040 in the three month group,

NOTE Confidence: 0.8287766

00:45:34.040 --> 00:45:37.050 and in the one month group 22%

NOTE Confidence: 0.8287766

00:45:37.050 --> 00:45:39.200 were had declined in adherence.

NOTE Confidence: 0.8287766

00:45:39.200 --> 00:45:40.060 So overall,

NOTE Confidence: 0.8287766

00:45:40.060 --> 00:45:42.210 based on their preset in

NOTE Confidence: 0.8287766

00:45:42.210 --> 00:45:43.070 noninferiority margins,

NOTE Confidence: 0.8287766

00:45:43.070 --> 00:45:45.482 the Tele Medicine Group had non

NOTE Confidence: 0.8287766

00:45:45.482 --> 00:45:47.567 inferiority to the one month

NOTE Confidence: 0.8287766

00:45:47.567 --> 00:45:49.979 group in terms of percentage of

NOTE Confidence: 0.8287766

00:45:49.979 --> 00:45:52.600 patients who had deterioration and.

NOTE Confidence: 0.8287766

00:45:52.600 --> 00:45:56.597 Feirense the absolute change was about 3%.

NOTE Confidence: 0.8287766

00:45:56.600 --> 00:45:59.330 They set a margin of 4%,

NOTE Confidence: 0.8287766

00:45:59.330 --> 00:46:01.610 whereas the three month Group

NOTE Confidence: 0.8287766

00:46:01.610 --> 00:46:03.434 did not show Noninferiority.

NOTE Confidence: 0.81893855

00:46:06.070 --> 00:46:09.202 I'm just going to move ahead a little bit

NOTE Confidence: 0.81893855

00:46:09.202 --> 00:46:11.811 just because we're crunched for time and

NOTE Confidence: 0.81893855

00:46:11.811 --> 00:46:15.467 I want to go through a few other studies,

NOTE Confidence: 0.81893855

00:46:15.470 --> 00:46:17.350 but essentially what these other

NOTE Confidence: 0.81893855

00:46:17.350 --> 00:46:19.230 graphs are showing are again.

NOTE Confidence: 0.81893855

00:46:19.230 --> 00:46:21.372 A lot of noninferiority between the

NOTE Confidence: 0.81893855

00:46:21.372 --> 00:46:23.922 Tele Medicine Group and the one month

NOTE Confidence: 0.81893855

00:46:23.922 --> 00:46:26.028 Intervention Group and the three month

NOTE Confidence: 0.81893855

00:46:26.028 --> 00:46:28.071 group essentially showed overall poor

NOTE Confidence: 0.81893855

00:46:28.071 --> 00:46:30.854 adherence compared to the other two groups.

NOTE Confidence: 0.81893855

00:46:30.854 --> 00:46:33.262 And then this is just showing the

NOTE Confidence: 0.81893855

00:46:33.262 --> 00:46:35.704 Epworth and the Pittsburgh Sleep Quality

NOTE Confidence: 0.81893855

00:46:35.704 --> 00:46:38.236 Index scores that were not different

NOTE Confidence: 0.81893855

00:46:38.302 --> 00:46:40.378 between any of the other groups.

NOTE Confidence: 0.81893855

00:46:40.380 --> 00:46:41.078 So overall,

NOTE Confidence: 0.81893855

00:46:41.078 --> 00:46:43.172 this trial showed that face to

NOTE Confidence: 0.81893855

00:46:43.172 --> 00:46:45.368 face follow up every three months,

NOTE Confidence: 0.81893855

00:46:45.370 --> 00:46:46.555 accompanied by monthly.

NOTE Confidence: 0.81893855

00:46:46.555 --> 00:46:48.530 Tele monitoring was not inferior

NOTE Confidence: 0.81893855

00:46:48.530 --> 00:46:50.617 to monthly face to face follow-up

NOTE Confidence: 0.81893855

00:46:50.617 --> 00:46:52.157 in long term CPAP users.

NOTE Confidence: 0.81893855

00:46:52.160 --> 00:46:54.350 What I thought was really interesting

NOTE Confidence: 0.81893855

00:46:54.350 --> 00:46:57.150 is the last point over here was this.

NOTE Confidence: 0.81893855

00:46:57.150 --> 00:46:59.775 There was a simulation of cost effect

NOTE Confidence: 0.81893855

00:46:59.775 --> 00:47:02.069 analysis that was done separately.

NOTE Confidence: 0.81893855

00:47:02.070 --> 00:47:05.550 And if only half of the 386 thousand

NOTE Confidence: 0.81893855

00:47:05.550 --> 00:47:08.180 Japanese CPAP users were managed

NOTE Confidence: 0.81893855

00:47:08.180 --> 00:47:10.955 by the Tele Health intervention,

NOTE Confidence: 0.81893855

00:47:10.960 --> 00:47:13.576 again just moving from seeing the

NOTE Confidence: 0.81893855

00:47:13.576 --> 00:47:17.070 providers once a month every three months

NOTE Confidence: 0.81893855

00:47:17.070 --> 00:47:19.845 with monthly Tele health intervention,

NOTE Confidence: 0.81893855

00:47:19.850 --> 00:47:22.718 the cost for management of OSA

NOTE Confidence: 0.81893855

00:47:22.718 --> 00:47:25.780 would go down about 17 percent,

NOTE Confidence: 0.81893855

00:47:25.780 --> 00:47:28.750 15.4 to 12.8 billion Japanese yen,

NOTE Confidence: 0.81893855

00:47:28.750 --> 00:47:30.798 which corresponds to about

NOTE Confidence: 0.81893855

00:47:30.798 --> 00:47:32.846 140 to $117 million.

NOTE Confidence: 0.81893855

00:47:32.850 --> 00:47:35.334 And that includes loss productivity time

NOTE Confidence: 0.81893855

00:47:35.334 --> 00:47:39.430 from not going to work and then gains of

NOTE Confidence: 0.81893855

00:47:39.430 --> 00:47:41.790 productivity for the clinicians themselves.

NOTE Confidence: 0.81893855

00:47:41.790 --> 00:47:43.605 So pretty significant,

NOTE Confidence: 0.81893855

00:47:43.605 --> 00:47:45.420 pretty significant numbers.

NOTE Confidence: 0.81893855

00:47:45.420 --> 00:47:47.430 I want to go through this

NOTE Confidence: 0.81893855

00:47:47.430 --> 00:47:49.410 one a little bit faster,

NOTE Confidence: 0.81893855

00:47:49.410 --> 00:47:52.314 just 'cause again we're running out of time.

NOTE Confidence: 0.81893855

00:47:52.320 --> 00:47:55.320 This was an article that looked at Tele

NOTE Confidence: 0.81893855

00:47:55.320 --> 00:47:58.128 Medicine versus face to face delivery of CBT.

NOTE Confidence: 0.81893855

00:47:58.130 --> 00:48:00.302 I again in a randomized non

NOTE Confidence: 0.81893855

00:48:00.302 --> 00:48:01.388 inferiority trial design.

NOTE Confidence: 0.81893855

00:48:01.390 --> 00:48:02.842 This is actually published

NOTE Confidence: 0.81893855

00:48:02.842 --> 00:48:04.294 in sleep this year,

NOTE Confidence: 0.81893855

00:48:04.300 --> 00:48:07.452 but this was from data that was collected

NOTE Confidence: 0.81893855

00:48:07.452 --> 00:48:10.097 in November of 2017 to June of 2019.

NOTE Confidence: 0.81893855

00:48:10.100 --> 00:48:11.256 As we all know,

NOTE Confidence: 0.81893855

00:48:11.256 --> 00:48:12.990 CBT CTI is the mainstay of

NOTE Confidence: 0.81893855

00:48:13.064 --> 00:48:15.096 treatment for chronic insomnia

NOTE Confidence: 0.81893855

00:48:15.096 --> 00:48:17.128 and this particular article.

NOTE Confidence: 0.81893855

00:48:17.130 --> 00:48:19.610 Hypothesized looking at ISI

NOTE Confidence: 0.81893855

00:48:19.610 --> 00:48:22.710 and they hypothesize that ISI.

NOTE Confidence: 0.8252013

00:48:24.810 --> 00:48:28.110 Done that, the ISI would not

NOTE Confidence: 0.8252013

00:48:28.110 --> 00:48:30.804 significantly drop the margin that

NOTE Confidence: 0.8252013

00:48:30.804 --> 00:48:34.386 they use was less than 4 by 4 points.

NOTE Confidence: 0.8252013

00:48:34.390 --> 00:48:38.294 When CBT was done in a Tele medicine

NOTE Confidence: 0.8252013

00:48:38.294 --> 00:48:41.580 fashion versus a face to face fashion,

NOTE Confidence: 0.8252013

00:48:41.580 --> 00:48:43.810 the exact same clinician performed

NOTE Confidence: 0.8252013

00:48:43.810 --> 00:48:46.040 these visits and they had

NOTE Confidence: 0.8252013

00:48:46.115 --> 00:48:48.223 independent researchers look at

NOTE Confidence: 0.8252013

00:48:48.223 --> 00:48:50.858 recordings of the interventions to

NOTE Confidence: 0.8252013

00:48:50.858 --> 00:48:53.548 make sure that they were similar.

NOTE Confidence: 0.7950652

00:48:56.130 --> 00:48:58.306 The individuals were standard

NOTE Confidence: 0.7950652

00:48:58.306 --> 00:49:01.570 insomnia patients that met ICD ICS.

NOTE Confidence: 0.7950652

00:49:01.570 --> 00:49:04.290 D3 criteria for chronic insomnia.

NOTE Confidence: 0.7950652

00:49:04.290 --> 00:49:07.368 They excluded those that had other

NOTE Confidence: 0.7950652

00:49:07.368 --> 00:49:09.420 or inadequately treated sleep

NOTE Confidence: 0.7950652

00:49:09.504 --> 00:49:11.908 disorders other than insomnia.

NOTE Confidence: 0.7950652

00:49:11.910 --> 00:49:14.086 Other chronic medical conditions

NOTE Confidence: 0.7950652

00:49:14.086 --> 00:49:17.350 that could be related to insomnia,

NOTE Confidence: 0.7950652

00:49:17.350 --> 00:49:20.060 shift work disorder or previously

NOTE Confidence: 0.7950652

00:49:20.060 --> 00:49:22.803 failed CBT, and the study.

NOTE Confidence: 0.7950652

00:49:22.803 --> 00:49:25.007 Randomized single site parallel

NOTE Confidence: 0.7950652

00:49:25.007 --> 00:49:26.109 non inferiority.

NOTE Confidence: 0.7950652

00:49:26.110 --> 00:49:28.721 Again, not a fair trial between CTI

NOTE Confidence: 0.7950652

00:49:28.721 --> 00:49:30.919 in person versus Tele medicine.

NOTE Confidence: 0.7950652

00:49:30.920 --> 00:49:32.975 Participants were block randomized in

NOTE Confidence: 0.7950652

00:49:32.975 --> 00:49:36.935 a one to one ratio between the face to

NOTE Confidence: 0.7950652

00:49:36.935 --> 00:49:39.220 face and Tele medicine intervention.

NOTE Confidence: 0.7950652

00:49:39.220 --> 00:49:42.502 And. We're going to go through

NOTE Confidence: 0.7950652

00:49:42.502 --> 00:49:45.869 a little bit quickly over here,

NOTE Confidence: 0.7950652

00:49:45.870 --> 00:49:46.846 but essentially,

NOTE Confidence: 0.7950652

00:49:46.846 --> 00:49:48.798 randomization was successful and

NOTE Confidence: 0.7950652

00:49:48.798 --> 00:49:51.246 very similar groups were created

NOTE Confidence: 0.7950652

00:49:51.246 --> 00:49:52.958 between the telemedicine intervention

NOTE Confidence: 0.7950652

00:49:52.958 --> 00:49:56.030 in the face to face intervention.

NOTE Confidence: 0.7950652

00:49:56.030 --> 00:49:58.166 What we're looking at over here.

NOTE Confidence: 0.7950652

00:49:58.170 --> 00:50:00.390 ISI scores post treatment and at.

NOTE Confidence: 0.7950652

00:50:00.390 --> 00:50:01.978 Three month follow up,

NOTE Confidence: 0.7950652

00:50:01.978 --> 00:50:04.780 and that's important because as we know,

NOTE Confidence: 0.7950652

00:50:04.780 --> 00:50:06.775 insomnia is a disease that

NOTE Confidence: 0.7950652

00:50:06.775 --> 00:50:08.770 doesn't always go into remission.

NOTE Confidence: 0.7950652

00:50:08.770 --> 00:50:09.548 In fact,

NOTE Confidence: 0.7950652

00:50:09.548 --> 00:50:11.882 you know only going to permission

NOTE Confidence: 0.7950652

00:50:11.882 --> 00:50:13.560 up to about 40%.

NOTE Confidence: 0.7950652

00:50:13.560 --> 00:50:15.856 So what this is showing is that

NOTE Confidence: 0.7950652

00:50:15.856 --> 00:50:17.813 the ISI scores post treatment

NOTE Confidence: 0.7950652

00:50:17.813 --> 00:50:20.058 in three months of follow-up

NOTE Confidence: 0.7950652

00:50:20.058 --> 00:50:22.339 showed reduction in both groups,

NOTE Confidence: 0.7950652

00:50:22.340 --> 00:50:24.728 8.8% in the telemedicine 8.8 points.

NOTE Confidence: 0.7950652

00:50:24.730 --> 00:50:26.700 The telemedicine group versus 9.34

NOTE Confidence: 0.7950652

00:50:26.700 --> 00:50:29.519 points in the face to face group.

NOTE Confidence: 0.7950652

00:50:29.520 --> 00:50:32.166 But the condition by visit basically.

NOTE Confidence: 0.7950652

00:50:32.170 --> 00:50:34.528 Where the patient was face to

NOTE Confidence: 0.7950652

00:50:34.528 --> 00:50:36.705 face or Tele medicine didn't

NOTE Confidence: 0.7950652

00:50:36.705 --> 00:50:39.801 significantly change the ISI drop, so.

NOTE Confidence: 0.7950652

00:50:39.801 --> 00:50:42.567 Basically what we're looking at is

NOTE Confidence: 0.7950652

00:50:42.567 --> 00:50:46.031 that the ISA I dropped was similar

NOTE Confidence: 0.7950652

00:50:46.031 --> 00:50:49.013 in the Tele Medicine Group versus

NOTE Confidence: 0.7950652

00:50:49.107 --> 00:50:52.939 the face to face group and the non

NOTE Confidence: 0.7950652

00:50:52.939 --> 00:50:56.220 inferiority margin for this was not met,

NOTE Confidence: 0.7950652

00:50:56.220 --> 00:50:58.296 which was four points.

NOTE Confidence: 0.7950652

00:50:58.296 --> 00:51:00.372 Therefore the conclusion from

NOTE Confidence: 0.7950652

00:51:00.372 --> 00:51:03.599 this study was CBT done via Tele

NOTE Confidence: 0.7950652

00:51:03.599 --> 00:51:05.699 medicine versus done via face

NOTE Confidence: 0.7950652

00:51:05.788 --> 00:51:07.848 to face was non inferior.

NOTE Confidence: 0.8468399

00:51:10.880 --> 00:51:13.022 Interesting outcomes in this were that

NOTE Confidence: 0.8468399

00:51:13.022 --> 00:51:14.885 the equivalent post treatment improvements

NOTE Confidence: 0.8468399

00:51:14.885 --> 00:51:17.135 were also maintained at three months,

NOTE Confidence: 0.8468399

00:51:17.140 --> 00:51:19.438 and the study looked at therapeutic

NOTE Confidence: 0.8468399

00:51:19.438 --> 00:51:21.743 alliances and they actually found that

NOTE Confidence: 0.8468399

00:51:21.743 --> 00:51:24.214 the ratings were quite similar between the

NOTE Confidence: 0.8468399

00:51:24.214 --> 00:51:26.700 face to face in the telemedicine group,

NOTE Confidence: 0.8468399

00:51:26.700 --> 00:51:30.935 which was an unexpected finding for them.

NOTE Confidence: 0.8468399

00:51:30.940 --> 00:51:33.928 I'm I'm going to skip this last one because

NOTE Confidence: 0.8468399

00:51:33.928 --> 00:51:37.289 I do want to talk a little bit about what.

NOTE Confidence: 0.8468399

00:51:37.290 --> 00:51:38.870 The limitations are Tele health

NOTE Confidence: 0.8468399

00:51:38.870 --> 00:51:41.386 studies and I do want to give you

NOTE Confidence: 0.8468399

00:51:41.386 --> 00:51:43.132 guys some time to ask questions.

NOTE Confidence: 0.8468399

00:51:43.140 --> 00:51:45.564 The last study was just looking at some

NOTE Confidence: 0.8468399

00:51:45.564 --> 00:51:47.149 patient perceptions for Tele medicine,

NOTE Confidence: 0.8468399

00:51:47.150 --> 00:51:49.838 and they found that patient had positive

NOTE Confidence: 0.8468399

00:51:49.838 --> 00:51:52.004 interactions overall and they actually

NOTE Confidence: 0.8468399

00:51:52.004 --> 00:51:53.896 felt positively towards positions.

NOTE Confidence: 0.8468399

00:51:53.900 --> 00:51:55.640 I think some of the limitations

NOTE Confidence: 0.8468399

00:51:55.640 --> 00:51:57.435 that we have towards Tele medicine

NOTE Confidence: 0.8468399

00:51:57.435 --> 00:51:59.430 studies are that they may be prone

NOTE Confidence: 0.8468399

00:51:59.430 --> 00:52:01.338 to significant amounts of bias.

NOTE Confidence: 0.8468399

00:52:01.340 --> 00:52:03.248 You know these were non inferiority

NOTE Confidence: 0.8468399

00:52:03.248 --> 00:52:04.750 trials that we looked at.

NOTE Confidence: 0.8468399

00:52:04.750 --> 00:52:06.610 And as we know there significantly

NOTE Confidence: 0.8468399

00:52:06.610 --> 00:52:08.780 prone to bias, I think it's difficult,

NOTE Confidence: 0.8468399

00:52:08.780 --> 00:52:10.640 however, to do the gold standard,

NOTE Confidence: 0.8468399

00:52:10.640 --> 00:52:12.380 placebo controlled trials in Sleep

NOTE Confidence: 0.8468399

00:52:12.380 --> 00:52:14.439 Medicine for Tele Health because we

NOTE Confidence: 0.8468399

00:52:14.439 --> 00:52:16.029 would be depriving our patients of

NOTE Confidence: 0.8468399

00:52:16.029 --> 00:52:17.794 some of these again gold standard

NOTE Confidence: 0.8468399

00:52:17.794 --> 00:52:19.630 therapies that we know that work.

NOTE Confidence: 0.8468399

00:52:19.630 --> 00:52:21.180 See PAP for example CBT.

NOTE Confidence: 0.8468399

00:52:21.180 --> 00:52:22.990 So these non inferior parties.

NOTE Confidence: 0.8468399

00:52:22.990 --> 00:52:24.600 Non inferiority trials are really

NOTE Confidence: 0.8468399

00:52:24.600 --> 00:52:26.650 what we have available to us now.

NOTE Confidence: 0.8468399

00:52:26.650 --> 00:52:29.050 We think that a lot of these patients

NOTE Confidence: 0.8468399

00:52:29.050 --> 00:52:30.619 obviously volunteered for these studies.

NOTE Confidence: 0.8468399

00:52:30.620 --> 00:52:32.594 So is there a self selection bias

NOTE Confidence: 0.8468399

00:52:32.594 --> 00:52:34.280 for more technically savvy patients?

NOTE Confidence: 0.8468399

00:52:34.280 --> 00:52:35.775 Although they didn't know what

NOTE Confidence: 0.8468399

00:52:35.775 --> 00:52:37.940 group they would end in two versus,

NOTE Confidence: 0.8468399

00:52:37.940 --> 00:52:38.554 you know,

NOTE Confidence: 0.8468399

00:52:38.554 --> 00:52:40.396 in the pandemic patients don't really

NOTE Confidence: 0.8468399

00:52:40.396 --> 00:52:42.643 have an act an option to which how

NOTE Confidence: 0.8468399

00:52:42.643 --> 00:52:44.649 they're going to see their clinician,

NOTE Confidence: 0.8468399

00:52:44.650 --> 00:52:48.502 whether it be in person or by Tele medicine.

NOTE Confidence: 0.8468399

00:52:48.510 --> 00:52:50.435 There are definitely limitations where

NOTE Confidence: 0.8468399

00:52:50.435 --> 00:52:52.360 telemedicine can worsen health care

NOTE Confidence: 0.8468399

00:52:52.415 --> 00:52:54.002 disparities. Remember telemedicine?

NOTE Confidence: 0.8468399

00:52:54.002 --> 00:52:56.407 We think. Can improve access.

NOTE Confidence: 0.8468399

00:52:56.410 --> 00:52:58.790 We want to improve access to clinicians,

NOTE Confidence: 0.8468399

00:52:58.790 --> 00:53:00.635 but if patients aren't comfortable

NOTE Confidence: 0.8468399

00:53:00.635 --> 00:53:02.870 technologies or don't have access to it,

NOTE Confidence: 0.8468399

00:53:02.870 --> 00:53:04.832 you know the the opposite can

NOTE Confidence: 0.8468399

00:53:04.832 --> 00:53:06.610 happen and disparities can worsen.

NOTE Confidence: 0.8468399

00:53:06.610 --> 00:53:09.753 An I think more research is really

NOTE Confidence: 0.8468399

00:53:09.753 --> 00:53:12.027 required and there's quite a

NOTE Confidence: 0.8468399

00:53:12.027 --> 00:53:14.127 bit that's coming out there.

NOTE Confidence: 0.8468399

00:53:14.130 --> 00:53:17.130 I think overall the future of

NOTE Confidence: 0.8468399

00:53:17.130 --> 00:53:19.910 Tele Medicine is quite bright.

NOTE Confidence: 0.8468399

00:53:19.910 --> 00:53:22.330 I think that specifically for

NOTE Confidence: 0.8468399

00:53:22.330 --> 00:53:24.750 Sleep Medicine there are potential

NOTE Confidence: 0.8468399

00:53:24.835 --> 00:53:27.259 applications that already exist,

NOTE Confidence: 0.8468399

00:53:27.260 --> 00:53:31.946 including start to finish OSA diagnosis.

NOTE Confidence: 0.8468399

00:53:31.950 --> 00:53:32.610 Low risk,

NOTE Confidence: 0.8468399

00:53:32.610 --> 00:53:33.930 uncomplicated OSA patients that

NOTE Confidence: 0.8468399

00:53:33.930 --> 00:53:35.250 can be virtually diagnosed,

NOTE Confidence: 0.8468399

00:53:35.250 --> 00:53:36.900 treated and monitored in the

NOTE Confidence: 0.8468399

00:53:36.900 --> 00:53:38.550 future with pretty minimal harm.

NOTE Confidence: 0.8468399

00:53:38.550 --> 00:53:41.182 I think remote CBT I can improve some

NOTE Confidence: 0.8468399

00:53:41.182 --> 00:53:43.844 of these gaps that exist out there

NOTE Confidence: 0.8468399

00:53:43.844 --> 00:53:46.244 in terms of accessing health care

NOTE Confidence: 0.8468399

00:53:46.244 --> 00:53:48.995 providers that do CBT in the Community.

NOTE Confidence: 0.8468399

00:53:49.000 --> 00:53:50.585 And there's certainly a convenience

NOTE Confidence: 0.8468399

00:53:50.585 --> 00:53:52.649 factor that that plays a role to,

NOTE Confidence: 0.8468399

00:53:52.650 --> 00:53:54.468 you know, empower patients that would.

NOTE Confidence: 0.8468399

00:53:54.470 --> 00:53:56.894 Otherwise, you know may no show to visits,

NOTE Confidence: 0.8468399

00:53:56.900 --> 00:53:57.731 or you know,

NOTE Confidence: 0.8468399

00:53:57.731 --> 00:53:59.670 work jobs and are juggling a really

NOTE Confidence: 0.8468399

00:53:59.735 --> 00:54:01.607 hard schedule that makes it difficult

NOTE Confidence: 0.8468399

00:54:01.607 --> 00:54:03.898 for them to come in during visits.

NOTE Confidence: 0.8468399

00:54:03.900 --> 00:54:05.736 I think that that convenience factor

NOTE Confidence: 0.8468399

00:54:05.736 --> 00:54:07.787 really does bring in a an alternate

NOTE Confidence: 0.8468399

00:54:07.787 --> 00:54:09.586 that that they could come and see

NOTE Confidence: 0.8544482

00:54:09.648 --> 00:54:11.008 their clinicians when they

NOTE Confidence: 0.8544482

00:54:11.008 --> 00:54:12.708 otherwise wouldn't be able to.

NOTE Confidence: 0.8615965

00:54:14.940 --> 00:54:16.295 I did a quick clinicaltrials.gov

NOTE Confidence: 0.8615965

00:54:16.295 --> 00:54:18.448 search and there are a lot of studies

NOTE Confidence: 0.8615965

00:54:18.448 --> 00:54:20.177 that are out there that I'm looking

NOTE Confidence: 0.8615965

00:54:20.227 --> 00:54:22.093 at Tele Medicine and Tele health

NOTE Confidence: 0.8615965

00:54:22.093 --> 00:54:23.337 that are currently recruiting.

NOTE Confidence: 0.8615965

00:54:23.340 --> 00:54:25.248 Enrolling the field is growing and

NOTE Confidence: 0.8615965

00:54:25.248 --> 00:54:27.192 I think that we're going to see

NOTE Confidence: 0.8615965

00:54:27.192 --> 00:54:29.220 a lot of a lot of new positive,

NOTE Confidence: 0.8615965

00:54:29.220 --> 00:54:30.620 hopefully trials come out there.

NOTE Confidence: 0.7928152

00:54:33.900 --> 00:54:35.180 So overall, Tele medicine

NOTE Confidence: 0.7928152

00:54:35.180 --> 00:54:37.074 is here to stay, I think.

NOTE Confidence: 0.7928152

00:54:37.074 --> 00:54:38.609 Hopefully it leads to better

NOTE Confidence: 0.7928152

00:54:38.609 --> 00:54:40.299 access for doctors and patients.

NOTE Confidence: 0.7928152

00:54:40.300 --> 00:54:42.220 Are we seeing a change in

NOTE Confidence: 0.7928152

00:54:42.220 --> 00:54:43.500 the Sleep Medicine Office?

NOTE Confidence: 0.7928152

00:54:43.500 --> 00:54:45.100 Yeah, I think we are.

NOTE Confidence: 0.7928152

00:54:45.100 --> 00:54:47.224 I think we're seeing some validated

NOTE Confidence: 0.7928152

00:54:47.224 --> 00:54:49.200 work that's already been done for

NOTE Confidence: 0.7928152

00:54:49.200 --> 00:54:50.936 low risk OSA patients on C pap

NOTE Confidence: 0.7928152

00:54:50.936 --> 00:54:52.780 in terms of Falcon inherence,

NOTE Confidence: 0.7928152

00:54:52.780 --> 00:54:54.700 we're seeing non inferiority in CBT.

NOTE Confidence: 0.7928152

00:54:54.700 --> 00:54:58.036 I. So hopefully you're all

NOTE Confidence: 0.7928152

00:54:58.036 --> 00:55:00.250 seeing that in your own practices

NOTE Confidence: 0.7928152

00:55:00.323 --> 00:55:01.879 as we're moving forward.

NOTE Confidence: 0.7928152

00:55:01.880 --> 00:55:03.308 Here's my references and

NOTE Confidence: 0.7928152

00:55:03.308 --> 00:55:05.450 I thank you for your time.

NOTE Confidence: 0.8399578

00:55:10.210 --> 00:55:12.386 Thanks so much Santosh that was great.

NOTE Confidence: 0.8399578

00:55:12.390 --> 00:55:14.644 What a wonderful overview and just really

NOTE Confidence: 0.8399578

00:55:14.644 --> 00:55:16.724 wonderful to give the historical kind

NOTE Confidence: 0.8399578

00:55:16.724 --> 00:55:18.824 of perspective of all the legislation

NOTE Confidence: 0.8399578

00:55:18.824 --> 00:55:20.487 that's guiding what we're doing now

NOTE Confidence: 0.8399578

00:55:20.487 --> 00:55:22.680 I want to open it up for questions.

NOTE Confidence: 0.8399578

00:55:22.680 --> 00:55:25.237 I think we probably just have time for

NOTE Confidence: 0.8399578

00:55:25.237 --> 00:55:27.526 one question if anyone wants to unmute

NOTE Confidence: 0.8399578

00:55:27.526 --> 00:55:29.678 themselves I see there is a question

NOTE Confidence: 0.8399578

00:55:29.678 --> 00:55:33.320 in the chat from Lynelle Schneeberg.

NOTE Confidence: 0.8399578

00:55:33.320 --> 00:55:35.420 Which says, oh, can we leave the

NOTE Confidence: 0.8399578

00:55:35.420 --> 00:55:37.050 references page while we do the

NOTE Confidence: 0.8399578

00:55:37.050 --> 00:55:38.382 Q and I'm putting that up.

NOTE Confidence: 0.8399578

00:55:38.390 --> 00:55:42.373 Santosh, thanks. Great, thank you.

NOTE Confidence: 0.8399578

00:55:42.373 --> 00:55:45.178 Yeah, some fantastic articles there.

NOTE Confidence: 0.8166445

00:55:54.600 --> 00:55:57.228 Do you have a question and I think you

NOTE Confidence: 0.8166445

00:55:57.228 --> 00:55:59.897 all jump in while waiting for others.

NOTE Confidence: 0.8166445

00:55:59.900 --> 00:56:02.220 Jump in so so great so you know

NOTE Confidence: 0.8166445

00:56:02.220 --> 00:56:04.328 you've been doing Tele Tele health

NOTE Confidence: 0.8166445

00:56:04.328 --> 00:56:06.512 with Tele Medicine as a fellow.

NOTE Confidence: 0.8166445

00:56:06.520 --> 00:56:08.380 And what do you see as

NOTE Confidence: 0.8166445

00:56:08.380 --> 00:56:10.160 the as the biggest block,

NOTE Confidence: 0.8166445

00:56:10.160 --> 00:56:12.776 an obstacle for Tele health to

NOTE Confidence: 0.8166445

00:56:12.776 --> 00:56:15.479 become more prominent in the future?

NOTE Confidence: 0.8166445

00:56:15.480 --> 00:56:16.940 You know, I I've

NOTE Confidence: 0.87289536

00:56:16.940 --> 00:56:18.770 seen in our own experience,

NOTE Confidence: 0.87289536

00:56:18.770 --> 00:56:20.960 I've seen that the biggest obstacle,

NOTE Confidence: 0.87289536

00:56:20.960 --> 00:56:23.508 I think, is patients comfort with technology.

NOTE Confidence: 0.87289536

00:56:23.510 --> 00:56:25.700 I think you know different offices

NOTE Confidence: 0.87289536

00:56:25.700 --> 00:56:27.160 are using different technologies,

NOTE Confidence: 0.87289536

00:56:27.160 --> 00:56:27.906 different platforms,

NOTE Confidence: 0.87289536

00:56:27.906 --> 00:56:30.144 and if patients are not integrated

NOTE Confidence: 0.87289536

00:56:30.144 --> 00:56:32.091 within the healthcare network and

NOTE Confidence: 0.87289536

00:56:32.091 --> 00:56:33.986 they're going to see different

NOTE Confidence: 0.87289536

00:56:33.986 --> 00:56:35.673 positions and different doctors

NOTE Confidence: 0.87289536

00:56:35.673 --> 00:56:37.409 and they're using different.

NOTE Confidence: 0.87289536

00:56:37.410 --> 00:56:38.445 Different telehealth platforms.

NOTE Confidence: 0.87289536

00:56:38.445 --> 00:56:40.170 It's hard to be standardized.

NOTE Confidence: 0.87289536

00:56:40.170 --> 00:56:44.130 It's hard for them to, really.

NOTE Confidence: 0.87289536

00:56:44.130 --> 00:56:45.410 Use all these different

NOTE Confidence: 0.87289536

00:56:45.410 --> 00:56:47.010 products that are out there,

NOTE Confidence: 0.87289536

00:56:47.010 --> 00:56:49.210 so I think the lack of standardization in

NOTE Confidence: 0.87289536

00:56:49.210 --> 00:56:51.126 these Tele health platforms is challenging

NOTE Confidence: 0.87289536

00:56:51.126 --> 00:56:53.730 both for patients but also for clinicians.

NOTE Confidence: 0.87289536

00:56:53.730 --> 00:56:54.898 In our own practice,

NOTE Confidence: 0.87289536

00:56:54.898 --> 00:56:56.650 we've switched from early in the

NOTE Confidence: 0.87289536

00:56:56.709 --> 00:56:58.857 pandemic to using zoom to multiple

NOTE Confidence: 0.87289536

00:56:58.857 --> 00:57:00.289 different platforms that we've

NOTE Confidence: 0.87289536

00:57:00.351 --> 00:57:02.133 trialed out and they're all very

NOTE Confidence: 0.87289536

00:57:02.133 --> 00:57:03.944 different and I think unless you're

NOTE Confidence: 0.87289536

00:57:03.944 --> 00:57:05.786 able to really get comfortable with

NOTE Confidence: 0.87289536

00:57:05.786 --> 00:57:08.341 one of your patients are able to get

NOTE Confidence: 0.87289536

00:57:08.341 --> 00:57:10.309 comfortable with one that's going to

NOTE Confidence: 0.87289536

00:57:10.309 --> 00:57:12.283 be the biggest challenge going forward.

NOTE Confidence: 0.87289536

00:57:12.290 --> 00:57:15.278 I think it's just.

NOTE Confidence: 0.87289536

00:57:15.280 --> 00:57:16.808 Having patients be comfortable

NOTE Confidence: 0.87289536

00:57:16.808 --> 00:57:18.336 using the technology regularly.

NOTE Confidence: 0.8675787

00:57:21.530 --> 00:57:23.710 Great, thank you.

NOTE Confidence: 0.834484

00:57:23.710 --> 00:57:25.220 It is actually 3:00 o'clock,

NOTE Confidence: 0.834484

00:57:25.220 --> 00:57:27.020 so I think we'll wrap up,

NOTE Confidence: 0.834484

00:57:27.020 --> 00:57:29.350 but I just want to say before we close that

NOTE Confidence: 0.834484

00:57:29.408 --> 00:57:31.760 next week we have another Norwalk Sleep

NOTE Confidence: 0.834484

00:57:31.760 --> 00:57:33.640 Medicine fellow giving our conference,

NOTE Confidence: 0.834484

00:57:33.640 --> 00:57:36.050 and that's going to be here, a backyard.

NOTE Confidence: 0.834484

00:57:36.050 --> 00:57:36.950 She's going to.

NOTE Confidence: 0.834484

00:57:36.950 --> 00:57:39.057 Her talk is entitled back to basics,

NOTE Confidence: 0.834484

00:57:39.060 --> 00:57:40.866 innovative ways to improve CPAP adherence.

NOTE Confidence: 0.834484

00:57:40.870 --> 00:57:42.370 So actually, I'm sorry Ian,

NOTE Confidence: 0.834484

00:57:42.370 --> 00:57:44.610 did she change the title of her talks

NOTE Confidence: 0.834484

00:57:44.610 --> 00:57:47.186 and I think it may not be different.

NOTE Confidence: 0.834484

00:57:47.190 --> 00:57:47.696 I'm sorry.

NOTE Confidence: 0.834484

00:57:47.696 --> 00:57:49.720 Yeah, I think she is going to be

NOTE Confidence: 0.834484

00:57:49.784 --> 00:57:51.579 a medical education seminar in

NOTE Confidence: 0.834484

00:57:51.579 --> 00:57:53.374 Sleep Medicine and looking at.

NOTE Confidence: 0.834484

00:57:53.380 --> 00:57:55.468 New innovative ways to teach Sleep

NOTE Confidence: 0.834484

00:57:55.468 --> 00:57:58.032 Fellows as well as the new sleep

NOTE Confidence: 0.834484

00:57:58.032 --> 00:57:59.877 milestone from the ACG inmates,

NOTE Confidence: 0.834484

00:57:59.880 --> 00:58:03.129 I think that's what she decided to talk on.

NOTE Confidence: 0.834484

00:58:03.130 --> 00:58:04.156 Wonderful thank you.

NOTE Confidence: 0.834484

00:58:04.156 --> 00:58:06.208 Alright, so I look forward to

NOTE Confidence: 0.834484

00:58:06.208 --> 00:58:07.820 seeing everybody next week.

NOTE Confidence: 0.834484

00:58:07.820 --> 00:58:09.413 Thanks. Take care.

NOTE Confidence: 0.834484

00:58:09.413 --> 00:58:11.159 Thank you.

NOTE Confidence: 0.834484

00:58:11.160 --> 00:58:11.745 Rachab,

NOTE Confidence: 0.834484

00:58:11.745 --> 00:58:12.920 Santosh thanks.