

# Extemporaneous Health Poster

## Virtual Care – The Future of Medicine?

Develop a poster that will help patients understand telehealth and how to use it most effectively.

Telehealth is defined as care provided when you are not in the same place as the provider such as via a phone, computer, or other technology. Meg Barron, American Medical Association Vice President of digital innovation, shares a 2016 survey which indicated the use of telehealth visits and remote patient monitoring had doubled (14% to 28%). With the COVID-19 pandemic, the use is estimated to have increased by 60% to 90%.

The Telehealth Division at Health and Human Service and CMS.gov provides the following information regarding telehealth:

### Benefits:

- limited exposure to illness
- address concerns in the comfort of home
- decreases commuting, time off from work or childcare
- shorten wait times to see provider
- increase access to specialists who are not in your area
- remote patient monitoring
- aids and services such as an interpreter, or real-time captioning can be available

### Types of visits:

- Wellness visits
- Prescriptions for medicines
- Mental health counseling

### Preparation for telehealth appointment:

- access to device with internet
- quiet, private place
- photo of anything you wish to show provider and send ahead
- write down any questions
- be ready to take notes

Develop a poster that will help patients understand telehealth and how to use it most effectively.

Telehealth's Future. Retrieved from

<https://www.ama-assn.org/practice-management/digital/telehealth-s-post-pandemic-future-where-do-we-go-here>