



Celebration-Time-Come On! It's a Celebration:

Using Telehealth Services in the SNF - “Value of PT”

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Each year in October, physical therapy services are celebrated throughout the United States by the American Physical Therapy Association (APTA). The theme for this year is the “Value of PT.” Preferred Therapy Solutions (PTS) realizes the “Value of PT” is beyond measure.

The benefits this profession has provided are life transformative. As we consider the invaluable role of physical therapists, physical therapy assistants, and students that provide rehabilitative therapeutic care, across various settings from Skilled Nursing Facilities (SNFs) to Outpatient and Wellness Centers, we must recognize and celebrate the use of telehealth services.

Did you know the first medical telehealth communication was established at the University of Nebraska in 1959, using a two-way television transmitting to medical students? Its popularity did not evolve until the 1960s and 70s in rural areas where there was limited access to healthcare affording people to access medical specialists. It was in 2014, that telehealth became endorsed by the House of Delegates of the American Physical Therapy Association (APTA) as an appropriate service delivery method when provided in a manner consistent with the APTA positions, standards, guidelines, policies, and procedures.



Preferred Therapy Solutions immediately embraced the telehealth model of therapy services when approved by CMS during the **Public Health Emergency** as a method of therapeutic treatment to continue to provide medically necessary rehabilitative services to our most vulnerable population in a safe and effective manner.

PTS continues to successfully use this model to meet resident needs in the SNF setting by offering the many advantages of telehealth listed below:

Increased access to care



- As COVID-19 remains a presence in many SNFs, telehealth offers the provision of therapy while minimizing in-person contact to reduce the risk of transmission.
- According to the Bureau of Labor Statistics, only about 10,000 of the 107,000 licensed physical therapists in the United States are employed in skilled nursing facilities (SNFs). Telehealth offers a solution to some workforce shortages of physical therapists in SNFs.



Personalized Treatment Plans

- Through video consultations, therapists can assess a resident's physical condition, monitor progress, and make real-time adjustments to the treatment plan. This personalized approach enhances the effectiveness of rehabilitation and ensures that residents receive timely appropriate care.



Improved Compliance and Engagement

- Compliance with state practice regulations can be challenging with a reduced number of physical therapists on-site in SNFs. Telehealth offers the opportunity for PTs to provide the necessary evaluation and treatment interventions to maintain regulatory compliance while keeping patients engaged in their rehab process.





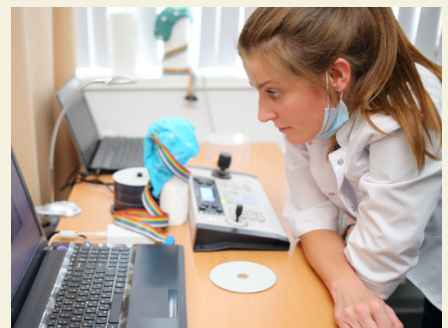
Reduced Healthcare Costs

- Post acute care providers are often concerned with resource allocation and cost-effectiveness. Leveraging telehealth technology for physical therapy aides in both by minimizing the need for in-person staff and resources while still providing high-quality rehabilitation services to residents.



Enhanced Monitoring and Progress Tracking

- Monitoring a resident's progress is critical for adjusting treatment plans and achieving optimal outcomes. Telehealth offers a solution for physical therapists to facilitate ongoing monitoring of residents' progress allowing for quicker adjustments to treatment plans, ensuring residents receive the best possible care.



Improved Satisfaction

- SNFs have an expectation that residents will receive the necessary physical therapy services to improve, and residents also have an expectation that their physical therapy needs will be met timely and effectively. Telehealth is a viable solution to ensure all residents receive the physical therapy services necessary to facilitate timely recovery.





We address and applaud the many innovative ways in which physical therapists have aided in helping people to their fullest potential by embracing the advances of rehabilitative methods like telehealth. Telehealth is revolutionizing the way rehabilitation services are delivered in SNFs but can never solely replace the personal interaction and hands-on approach that a skilled physical therapist can offer in the healing process.

#itsallaboutthepatient
#itsallaboutthepartnership



Preferred Therapy Solutions would like to honor National Physical Therapy Month and the many contributions the physical therapy profession has provided from the early 1900s to the present day. From helping millions of people recover and live better lives, to the economic value of Physical Therapy in the U.S. saving the healthcare system millions of dollars annually [[Economic Report](#)]. Discover how the Preferred Therapy Solutions' model can assist your organization. **Contact Jim MacManus at jmacmanus@preftherapy.com.**

Sources:

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ABOUT PREFERRED THERAPY SOLUTIONS

Preferred Therapy Solutions is a full-service rehabilitation management organization dedicated to providing state-of-the-art clinical, management, billing, and information technology solutions to the post-acute and long-term care industry. Preferred Therapy Solutions is able to assist in developing a strategic road map designed to increase SNFs market share by identifying potential referral targets and providing useful information on competitor's performance. Preferred Therapy Solutions abilities significantly enhance the quality, productivity, scope, and efficiency of any facility's rehabilitation department while maintaining a focus on achieving high levels of patient satisfaction and providing excellent customer service.

