



# SYNC

Transforming Healthcare Leadership

*Joint Partnership of VHHA, VNA, MSV & VDH*

# The Application of Telemedicine to Improve Post Stroke Care

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UNIVERSITY OF VIRGINIA MEDICAL CENTER

SYNC CAPSTONE TEACHBACK: 09/26/2019

# Focus

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To optimize post stroke care and recovery through a multidisciplinary team based telehealth approach (OPTI).



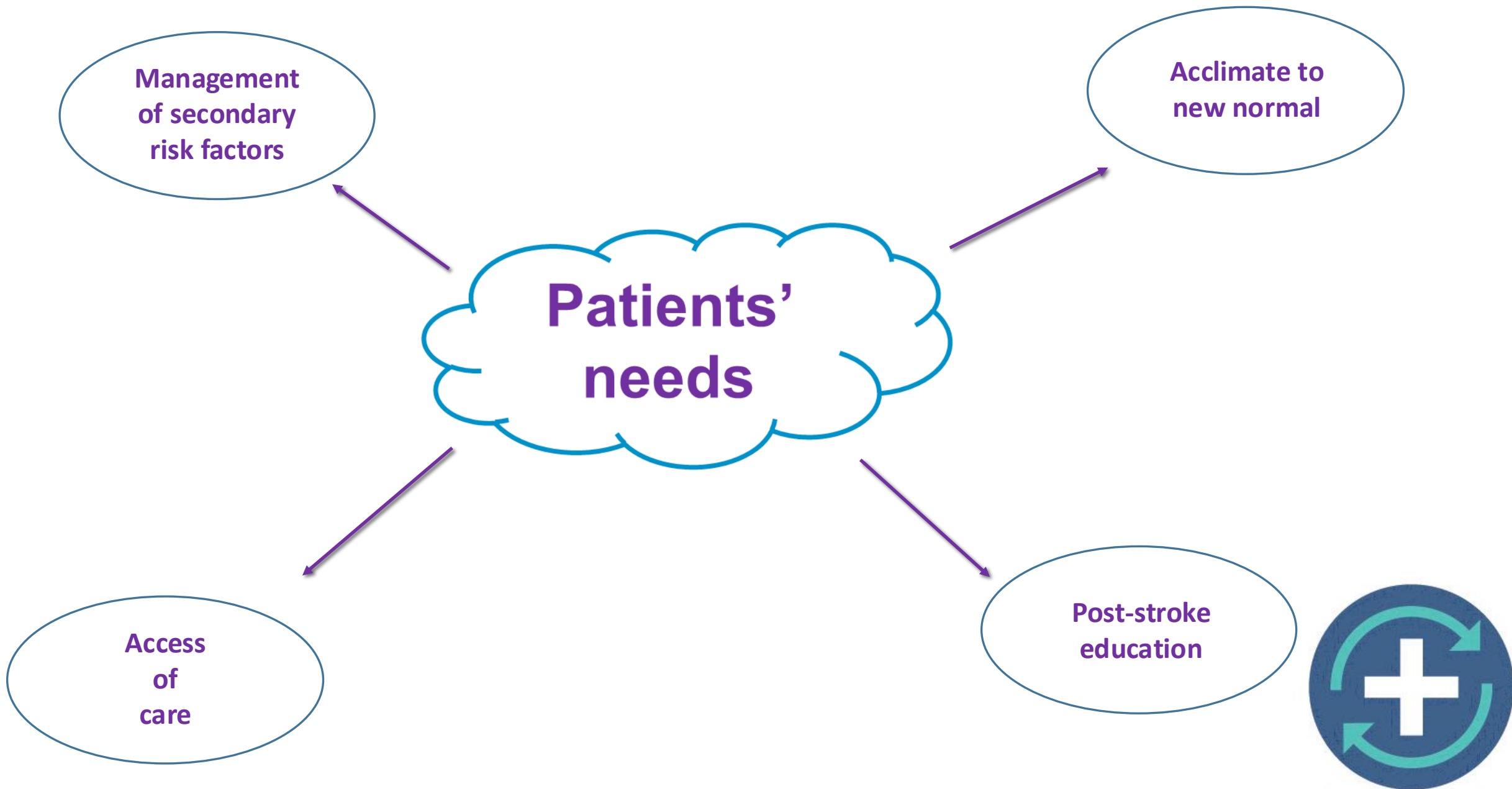
# SYNC Team Members

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- Sherita Chapman, MD
  - UVA Medical Center Vascular Neurologist
  - UVA School of Medicine Assistant Professor
- Chad Aldridge, PT, DPT, NCS
  - UVA Medical Center Physical Therapist
- Amber Botkin, RNCC Neuro-Vascular
  - UVA Medical Center Outpatient
- Ted Sindlinger, PharmD
  - UVA Medical Center Neurosciences Clinical Pharmacist







# Program Objectives

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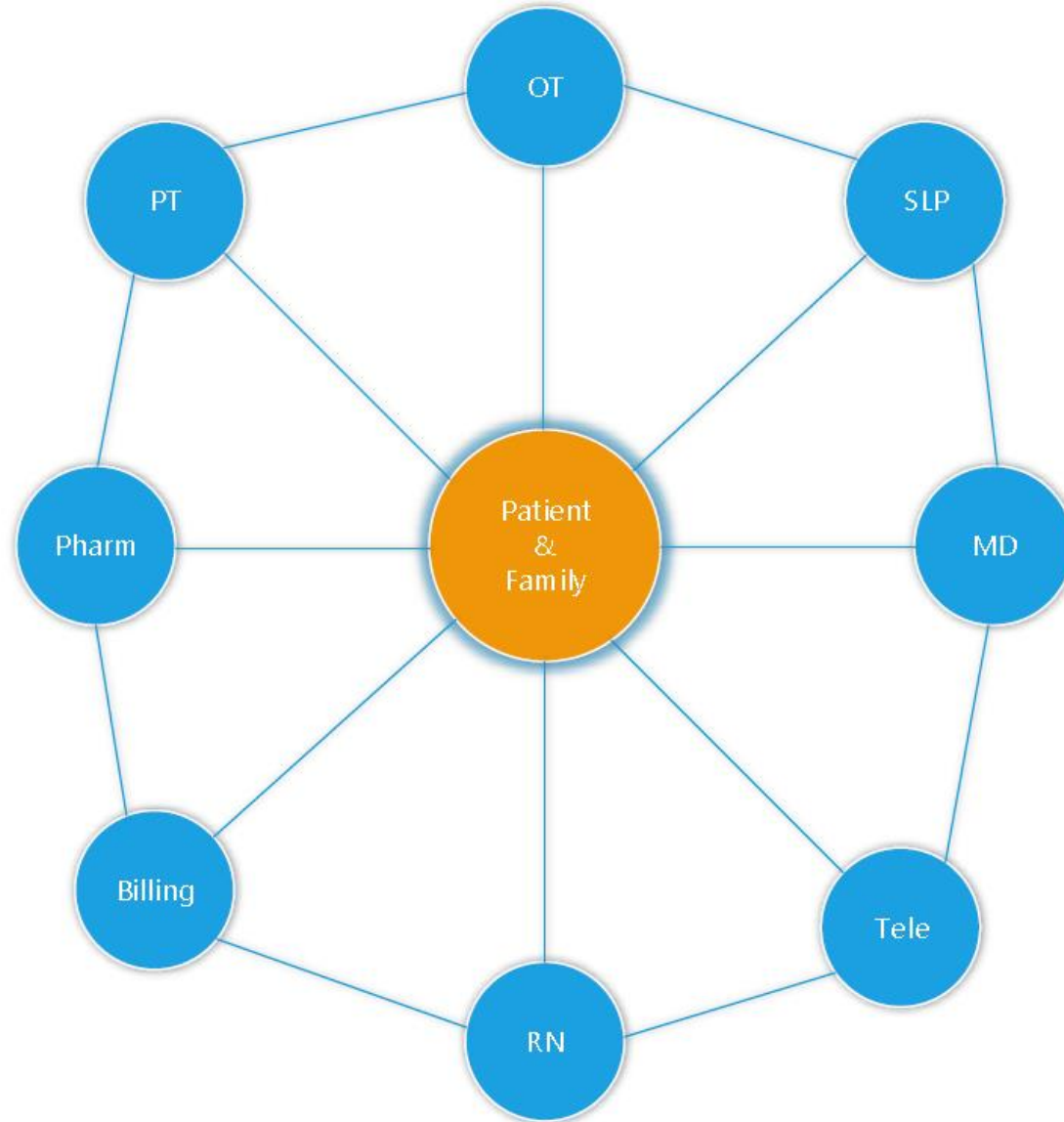
- Reduction of readmissions
- Improve medication adherence
- Achieve > 50% follow up for all recommendations
- Increase stroke education
- Modify secondary stroke risk factors



# Assets

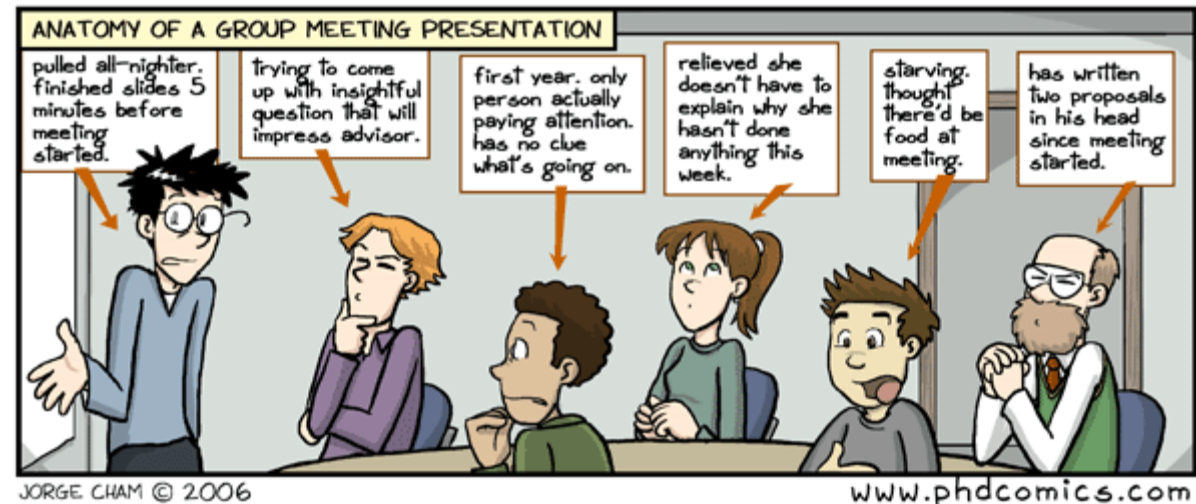
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- Physician
- Nursing
- Pharmacy Services
- Rehab Services
- Telemedicine Services
- Equipment
- Family and Caregivers



# Action Strategies

- Weekly meetings
- Protocol/Work Flow Development
- Survey Development to obtain current state and insight
- Procurement of Telemedicine Equipment
- Collaboration with Billing for sustainability
- Pursuit of Funding Mechanisms



# Team Development

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- Recognized the importance of identifying all important stakeholders
- Reviewed DiSC results as a group
- Weekly meetings
- Regular meetings with the Office of Telemedicine
- Ensured everyone played a role & had a say



# Testing & Refinement

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- Modify equipment selection
- Modify protocol/workflow
- Developed realistic goals & next steps
- Realized importance of patient and caregiver experience & insight
  - Engagement of community
- Additional stakeholders identified
- Strategies for sustainability



# Results to Date

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- Collaborative Practice Agreement
- Survey
- Program Protocol and Schedule
- Equipment Selection



# Lessons Learned



Limited resources  
Time is always a factor  
Institutional restrictions

Collaboration across services and  
buy in needed  
Logistics

# Our Success Story...

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A committed inter-disciplinary team to  
achieve excellence in stroke care



# Next Steps

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- Funding
- Pre-Pilot Survey data collection and analysis
- Feasibility testing
- Post-Pilot Survey
- Program Implementation



# Phase 1: Post-Stroke Survey

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- ❑ Developed a post-stroke survey
- ❑ Obtained IRB approval

## PHASE 1

Survey given in waiting room at RAPID clinic



Patient



Caregiver



# Phase 2: Pilot Program

- Continuous Home Monitoring
  - BP
  - Glucose
- Reminders
  - Appointments
- Rehab Apps
- Stroke education
  - Dietary modifications
  - Signs & symptoms of stroke
- Telehealth visits
  - Pharmacy
  - Clinical
  - Therapies

## PHASE 2

Patient receives  
equipment at discharge  
from the hospital



First Sessions  
Weeks 4-6



Second Sessions  
Weeks 10-12



Patient returns  
equipment  
Week 12



- Virginia Department of Health
- Medical Society of Virginia
- Virginia Hospital & Healthcare Association
- Virginia Nursing Association
- SYNC Program
- Community Solutions
- Stakeholders

