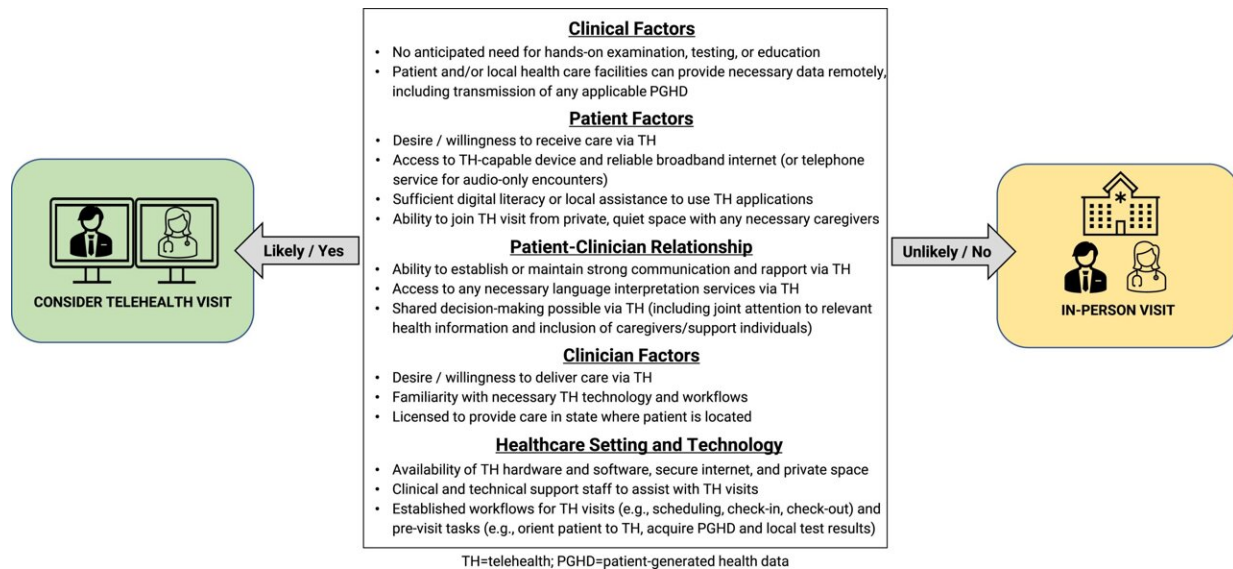


Endocrine Society experts recommend individualized approach to use of telehealth

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Guide to appropriate use of telehealth visits for endocrine care. Credit: *The Journal of Clinical Endocrinology & Metabolism* (2022). DOI: 10.1210/clinem/dgac494

Following rapid growth during the COVID-19 pandemic, telehealth visits are expected to remain an important part of endocrine care, according to a new Endocrine Society policy perspective published in *The Journal of Clinical Endocrinology & Metabolism*.

Health care providers need to consider a variety of factors when

determining which type of visit best serves an individual patient's needs at a given moment. For many patients, scheduling a mixture of in-person and [telehealth](#) visits can make [medical care](#) more convenient and effective.

"Clinicians will need to draw upon their own knowledge of each patient and their clinical goals to decide when to incorporate telehealth into their care," said Varsha G. Vimalananda, M.D., M.P.H., of VA Bedford Healthcare System in Bedford, Mass., and Boston University School of Medicine in Boston, Mass. She is the policy perspective's first author.

"Telehealth visits can be considered as an option each time we schedule an appointment. Patient preference should be elicited, and decisions guided by weighing the factors we describe in the perspective piece."

The policy perspective explores five aspects of care that determine when telehealth is appropriate, including:

- Clinical factors, including whether an in-person [physical exam](#) or assessment is needed;
- Patient factors, such as geographic distance to the clinic, access to transportation, work and family obligations, and comfort level with technology;
- The patient-clinician relationship;
- The clinician's physical surroundings and personal circumstances; and
- Availability of infrastructure needed to provide quality telehealth services.

Telehealth can be a valuable component of an individualized care plan. Health care providers and patients should discuss how telehealth fits into care as they develop a care plan together, the policy perspective recommended.

Telehealth can play an important role in reducing disparities in health care access. Telehealth appointments can make it easier for [patients](#) facing barriers such as travel, cost, mobility, [mental health](#), and work or caregiver responsibilities to access the medical care they need.

More information: Varsha G Vimalananda et al, Appropriate Use of Telehealth Visits in Endocrinology: Perspective Statement of the Endocrine Society, *The Journal of Clinical Endocrinology & Metabolism* (2022). [DOI: 10.1210/clinem/dgac494](https://doi.org/10.1210/clinem/dgac494)

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