



GUEST CONTACT INFORMATION

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TIPS FROM STACY ON PREPARING FOR YOUR TELEHEALTH APPOINTMENT

- ◇ Be sure to be on time for your appointment; check computer equipment to ensure it works.
- ◇ If you need accommodation (e.g. an interpreter), be sure that is known before your appointment.
- ◇ If you have a condition that the medical practitioner needs to see, take a picture and provide it before the appointment.
- ◇ If you have the ability and/or equipment to test any vital signs, that would be very helpful to the medical practitioner in making decisions on your care, including: temperature thermometer, blood pressure monitor, taking your pulse, oxygen saturation with a pulse oximeter, or other equipment. You can test yourself and provide the information to the practitioner, including the method used (e.g. temperature done orally, or blood pressure taken on the wrist or arm).
- ◇ Be willing to discuss your condition and questions with the practitioner so they are able to provide adequate diagnoses; and be willing to hold the discussions truthfully.
- ◇ Even if you are concerned, try telehealth! If you are having difficulty with the equipment, they will assist you.
- ◇ For further information on how to prepare for a Telehealth appointment, go to The Ohio State University Wexner Medical Center for [details](#)

RESOURCES:

INSTRUCTIONS ON TELEHEALTH VISITS FOR CENTRAL OHIO HOSPITAL SYSTEMS:

The Ohio State University Wexner Medical Center

<https://wexnermedical.osu.edu/telehealth>

<https://wexnermedical.osu.edu/telehealth/scheduled-video-visits>

Ohio Health

<https://www.ohiohealth.com/telehealth/>

Mount Carmel Health

<https://www.mountcarmelhealth.com/health-and-wellness/covid-19/articles/virtual-care>

Nationwide Children's Hospital

<https://www.nationwidechildrens.org/your-visit/telehealth>

U. S. Department of Veteran's Services

<https://telehealth.va.gov/>

Looking Forward Our Way

www.lookingforwardourway.com

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OTHER RESOURCES:

“What is Telehealth?” from the U.S. Department of Health and Human Services

https://telehealth.hhs.gov/patients/understanding-telehealth/?gclid=Cj0KCQjw9_mDBhCGARIsAN3PaFNRDGM0m-Sh_Xl8Ym79YKt8ebvwy0JT9FLDQewVD54EolwU_t7DNAaApqbEALw_wcB

“Telehealth Programs” [for rural areas] U. S. Department of Health Resources & Services Administration

<https://www.hrsa.gov/rural-health/telehealth>

“Telehealth” Medicare.gov

<https://www.medicare.gov/coverage/telehealth>

“COVID 19: Video-Based Telehealth Accessibility for Deaf and Hard of Hearing Patients from the National Association of the Deaf” [information on telehealth tips and computer equipment needs]

<https://www.nad.org/covid19-telehealth-access-for-deaf-hard-of-hearing/>

ARTICLES OF INTEREST:

“A Pandemic Benefit: The Expansion of Telemedicine”, The New York Times, May 11, 2020

<https://www.nytimes.com/2020/05/11/well/live/coronavirus-telemedicine-telehealth.html?searchResultPosition=10>

“Teletherapy, Popular in the Pandemic, May Outlast It”, The New York Times, July 9, 2020

<https://www.nytimes.com/2020/07/09/well/mind/teletherapy-mental-health-coronavirus.html?searchResultPosition=2>

“As telehealth visits become more common, here are ways you can make the most of your consultation.”, The Washington Post, April 3, 2021

https://www.washingtonpost.com/health/telehealth-tips/2021/04/02/623c880c-712d-11eb-85fa-e0ccb3660358_story.html

“What You Need To Know About Telehealth” AARP

<https://videos.aarp.org/detail/video/6152688768001/what-you-need-to-know-about-telehealth>

“After COVID-19: A Health Care Forecast For Older Adults”, Next Avenue, July 28, 2020

<https://www.nextavenue.org/after-covid-19-health-care-forecast-for-older-americans/>

“Teletherapy On The Rise: Tips To Make The Most Of It”, Next Avenue, October 26, 2021

<https://www.nextavenue.org/teletherapy-on-the-rise-tips-to-make-the-most-of-it/>

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