



PARKINSON'S DISEASE

# SPOTLIGHT ON THE INS AND OUTS OF TELEMEDICINE FOR PARKINSON'S DISEASE

WEDNESDAY, OCTOBER 19, 2022

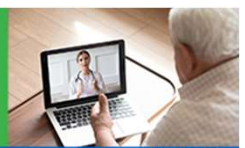
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## WELCOME AND INTRODUCTIONS



**Rebecca Gilbert, MD, PhD**  
*Chief Scientific Officer*  
American Parkinson Disease Association

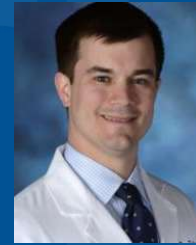
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## PRESENTATION



**Chantale Branson, MD**  
*Assistant Professor of Neurology  
Movement Disorder Specialist  
Sleep Medicine Specialist  
Morehouse Healthcare  
Atlanta, GA*



**Drew Falconer, MD**  
*Director, Movement Disorders Specialist  
Inova Parkinson's and Movement Disorders Center  
Associate Professor of Neurology  
UVA School of Medicine, Inova Campus  
Falls Church, VA*

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## FINANCIAL DISCLOSURES

### **Drew Falconer, MD**

**Consultant:** FTC and Justice Department subject matter expert

**Speakers Bureaus:** Abbott Laboratories, Abbvie, Amneal, Acorda, GE Health, Kyowa Kirin, Neurocrine, Supernus and Sunovion.

### **Chantele Branson, MD**

Does not have any financial disclosures

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## TELEHEALTH AND PARKINSON'S DISEASE – A FINE PAIR

### Reasons why telehealth makes sense with PD:

- Only 28% of PD patients see an MDS.<sup>1</sup>
- 20% of Medicare patients travel outside of their hospital region for care.
  - Average drive of 148.7 miles.
  - Most common neurological condition who traveled: Parkinson's disease.<sup>2</sup>
- Average wait time for a new patient MDS visit in US – 2.2 mo (2-8 mo).<sup>3</sup>

1) <https://www.michaeljfox.org/publication/survey-reveals-knowledge-gaps-among-parkinsons-patients-and-caregivers#:~:text=As%20few%20as%2028%20percent,seen%20this%20kind%20of%20doctor.>  
2) Lin C, et al. Poster #104. Presented at: American Neurological Association Annual Meeting; Oct. 4-9, 2020 (virtual meeting).  
3) Holmes K, Maki K, Martello J, Reich S. How Long Is the Wait to See a Specialist in Parkinson's Disease in the United States? (S19.003) Neurology Apr 2016, 86 (16 Supplement) S19.003. [https://n.neurology.org/content/86/16\\_Supplement/S19.003#:~:text=The%20average%20wait%20time%20was,2%20days%20to%208%20months.](https://n.neurology.org/content/86/16_Supplement/S19.003#:~:text=The%20average%20wait%20time%20was,2%20days%20to%208%20months.) Accessed November 22, 2021.

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## TELEHEALTH IS NOT SOMETHING NEW

Telehealth has been available for years prior to COVID...  
but with limited use.

2018 - 38% of PD patients could successfully complete a video visit.<sup>1</sup>

- Reasons: comfort with technology, physical or cognitive disability, privacy/security concerns, platform design, internet availability, cost

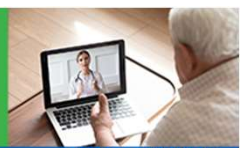
2020 - 80% of PD patients who succeeded reported willingness to continue via video.<sup>2</sup>

- Distance, travel, time, logistics, cost

1) Lam K, Lu AD, Shi Y, Covinsky KE. Assessing Telemedicine Unreadiness Among Older Adults in the United States During the COVID-19 Pandemic. JAMA Intern Med. 2020 Oct 1;180(10):1389-1391. doi: 10.1001/jamainternmed.2020.2671.  
2) Peacock D, Baumeister P, Monaghan A, Siever J, Yoneda J, Wile D. Perception of Healthcare Access and Utility of Telehealth Among Parkinson's Disease Patients. Canadian Journal of Neurological Sciences / Journal Canadien Des Sciences Neurologiques. 2020; 47(5), 700-704. doi:10.1017/cjn.2020.99

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## COVID PANDEMIC HONED OUR GAME

Rapid improvements in:

- Telehealth technology
- Comfort with tech and use of technology
- Awareness as the telehealth

In many ways a success to address access to specialty care.

First 9 months of the pandemic (2020):<sup>1</sup>

- 1,097 new patients
- 85% via telehealth
  - 97.5% had not consulted with an MDS before

1) Falconer D et al. The Power of Access in Parkinson's Disease Care: A Retrospective Review of Telehealth Uptake During the COVID-19 Pandemic. Front. Neurol., 07 April 2022 Sec. Movement Disorders <https://doi.org/10.3389/fneur.2022.830196>

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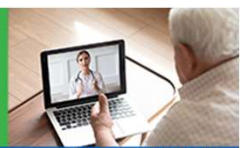
## TELEHEALTH PROS

### **BENEFITS**

- Distance / Travel / Time – logistics are easy
- Very convenient – meet over breakfast, on the golf course or at work
- On par with in-person visit in many ways
- Easier on scheduling – fit-in visit, follow-up visit, DBS planning, etc.

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## RED TAPE AND RULES GET IN THE WAY

### CHALLENGES

- Technology and internet – need it to work
- Physician and institutional comfort – reticence among many to continue
- Physician licensure boundaries – only allowed in the state where licensed
- No physical examination

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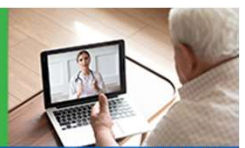
## PREPARING FOR TELEMEDICINE VISIT

### PRE-VISIT

- Review information provided by the clinic
- The instructions should include the type of device to use and the internet browser
  - Computer vs cell phone
  - Google chrome vs Firefox vs Microsoft edge
- Receive instructions including a link for the platform that you will use on the day of the visit

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## TELEMEDICINE VISIT

### VISIT DAY

- Log on early and be patient with the technology and/or provider
- Make sure you are not performing any other activity
  - Driving
  - Using the bathroom
  - Sleeping in the bed
  - Eating breakfast
- Check your lighting to make sure that the provider can see your face clearly

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## DURING THE VISIT

- Discuss your concerns about the visit with the provider
- Neurological examination via telemedicine visit depends on the symptoms or concerns during the visit
- We can test memory with a different shorter version of the MoCA (Montreal Cognitive Assessment)
- Cranial nerves
- Motor strength
- Sensation
- Walking

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## TELEMEDICINE AND IMPACT ON THE COMMUNITY

- 23% of self-identified Black respondents used telehealth during the COVID-19 pandemic (Celeste, 2021)
- Telehealth visits preferred to no care (Xu, 2022)
- Telehealth visits via video were comparable in quality of care to in-person visits among people with PD (Xu, 2022)
- Telehealth provides an alternative form of communication and connection with people in the community

Celeste Campos-Castillo, Denise Anthony, Racial and ethnic differences in self-reported telehealth use during the COVID-19 pandemic: a secondary analysis of a US survey of internet users from late March, *Journal of the American Medical Informatics Association*, Volume 28, Issue 1, January 2021, Pages 119–125, <https://doi.org/10.1093/jamia/ocaa221>  
Xu, Y., Feeney, M. P., Surface, M., Novak, D., Troche, M. S., Beck, J. C., & Alcalay, R. N. (2022). Attitudes Toward Telehealth Services Among People Living With Parkinson's Disease: A Survey Study. *Movement Disorders*.

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## QUESTION & ANSWER

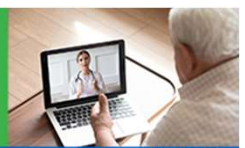


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## CLOSING REMARKS



Rebecca Gilbert, MD, PhD  
*Chief Scientific Officer*  
American Parkinson Disease Association

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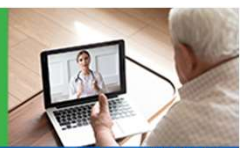
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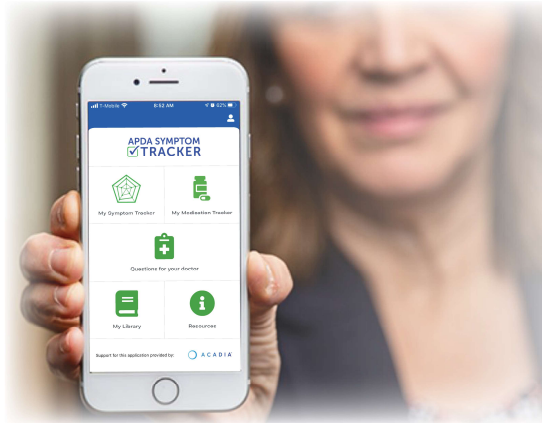
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ANSWERS TO YOUR QUESTIONS,  
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