



TELEPSYCHIATRY IN GERIATRIC PSYCHIATRY IN FINLAND

Since 2018
Joel Holmén, MD



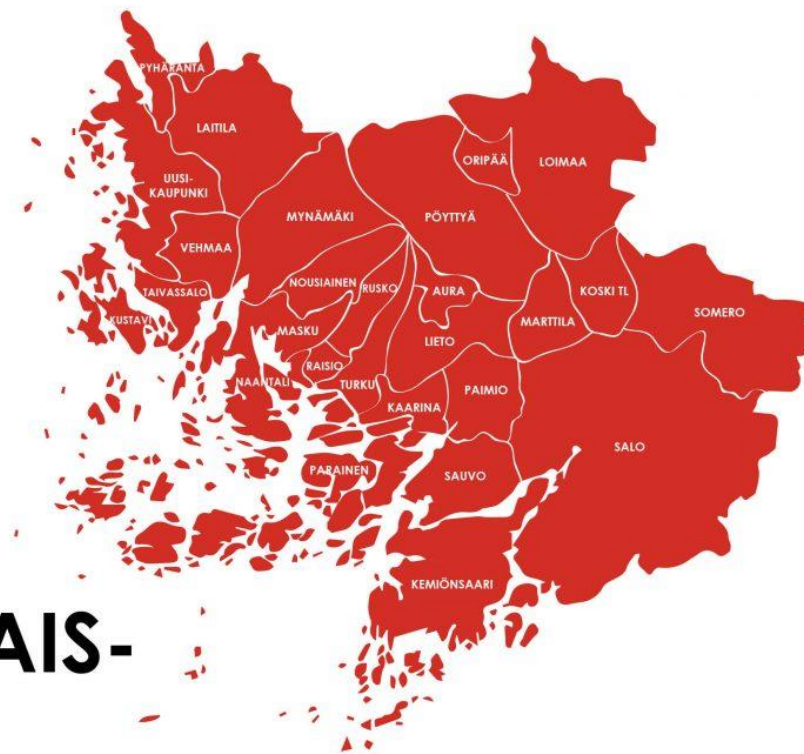
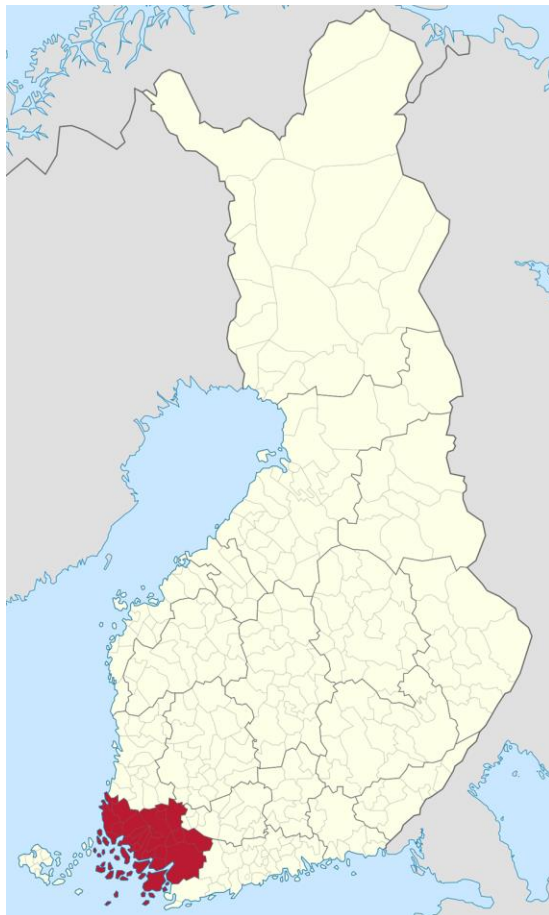
AFFILIATIONS

Psychiatric resident in Turku University Hospital

Medical Advisor in Video Visit Ltd

Researcher in University of Turku, researcher in Helsinki University internet therapy research group and Mobile monitoring of Mood

TURKU UNIVERSITY HOSPITAL GEROPSYCHIATRY



VARSINAIS-SUOMI

TURKU UNIVERSITY HOSPITAL GEROPSYCHIATRY

4 clinics, 3 intensive outpatient groups, 1 hospital ward

- Reduction in the number of wards from 3 to 1 in the last 3 years

At the moment 1-2 specialists, 4-6 residents

Population of 481 000, 22% over 65-years old

TURKU UNIVERSITY HOSPITAL GEROPSYCHIATRY

Intensive outpatient care

- Possibility to see the patient 3-7 times per week
- Aimed to continue for 3-6 weeks
- Low barriers of entry from hospital or from clinic, can start working the next day
- Lots of home visits

PROBLEMS

Lack of doctors

Lack of nurses

Long distances, patients live in the middle of the countryside

Difficult for patients to travel

- So little time, so much to do!



COULD TECHNOLOGY OFFER A SOLUTION?

Telepsychiatry has been found to be effective in multiple studies.

Greatest challenges seem to have been in the acceptance of professionals.

Little research on the use of telepsychiatry in geropsychiatry

Problem has been the lack of devices and familiarity with use of devices by the elderly

VIDEOCONFERENCING TABLET FOR GEROPSYCHIATRY



VIDEOCONFERENCING TABLET FOR GEROPSYCHIATRY

Ease of use, no additional software on tablet side

Simple to use on professional side

Ability for assisted opening of a call – in case the patient cannot open the call

Internet provided in the tablet



VIDEOCONFERENCING TABLET FOR GEROPSYCHIATRY

Use in intensive outpatient care

- A pilot with 6 tablets, now 56

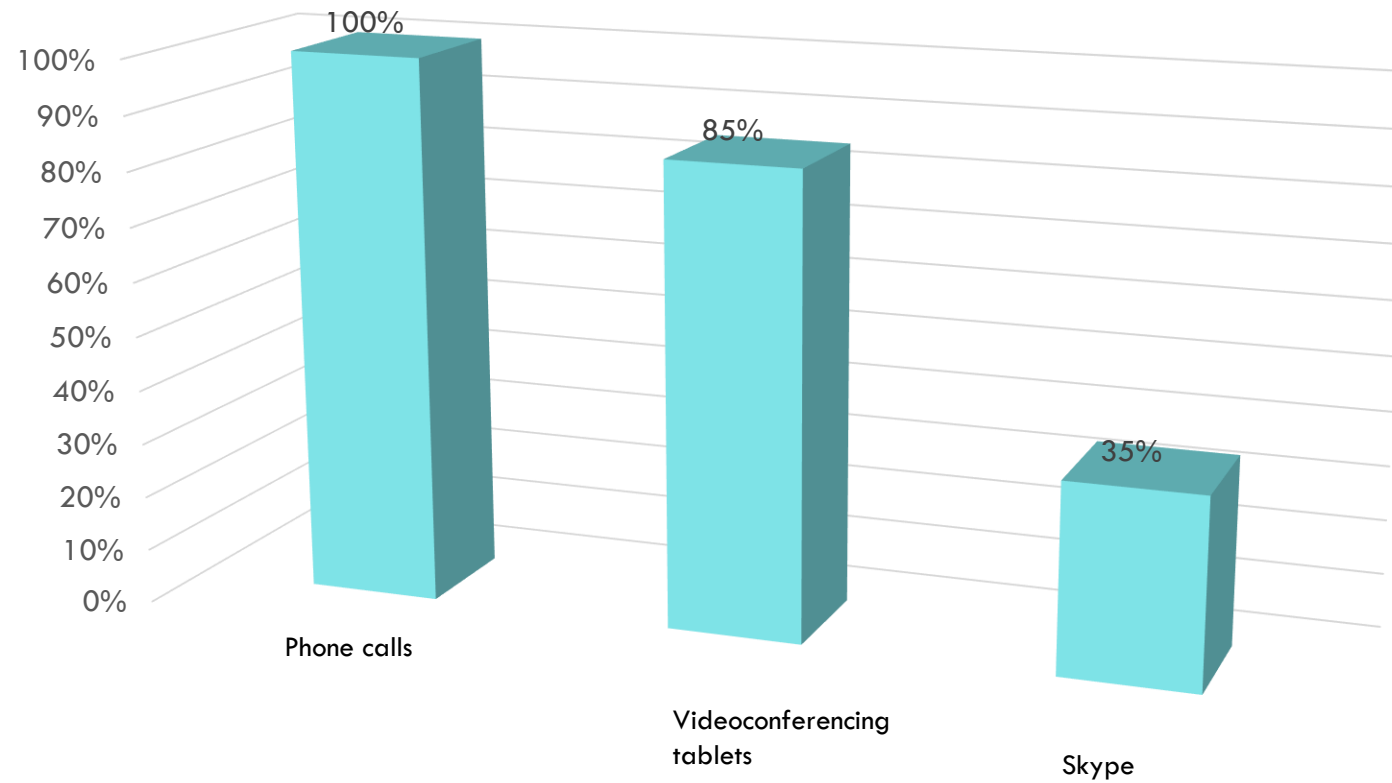
Tablet is taken to patients home by the nurse

- Test the tablet beforehand and show how it works at the patients home

Meeting times are agreed upon like normal visit

Patients can't call the nurses, nurses call the patient

USE OF REMOTE TOOLS AMONG NURSES



ARE YOU ABLE TO FORM NEW PATIENT RELATIONS USING REMOTE TOOLS?

	Totally disagree	Slightly disagree	Cannot say	Slightly agree	Totally agree
Phone call	5%	45%	5%	35%	10%
Videoconferencing tablet		20%	15%	50%	15%
Skype		5%	65%	25%	5%

Videoconferencing aids the formation of a patient relationship according to our nurses.

CAN YOU MAINTAIN A PATIENT RELATIONSHIP?

	Totally disagree	Slightly disagree	Cannot say	Slightly agree	Totally agree
Phone call		5%		30%	65%
Videoconferencing tablet			10%	30%	60%
Skype			65%	10%	25%

Everyone who had used videotablets or skype felt it aided in maintaining the patient relationship.

CAN YOU HAVE A TRUSTWORTHY PATIENT RELATIONSHIP?

	Totally disagree	Slightly disagree	Cannot say	Slightly agree	Totally agree
Phone call		25%		40%	35%
Videoconferencing tablet		16%	5%	37%	42%
Skype		5%	63%	11%	21%

Nurses felt that patients usually minimized their bad health on the phone and videoconferencing helped in this.

CAN YOU GET A REALISTIC FEELIN OF THE PATIENTS HEALTH?

	Totally disagree	Slightly disagree	Cannot say	Slightly agree	Totally agree
Phone call	10%	35%		50%	5%
Videoconferencing tablet	5%	5%	5%	68%	16%
Skype			61%	33%	6%

It's more difficult to evaluate motor side effects of medication remotely, so you need to have good partnerships with patients relatives and other healthcare professionals.

CAN YOU USE PSYCHATRIC MEASURING TOOLS?

	Totally disagree	Slightly disagree	Cannot say	Slightly agree	Totally agree
Phone call	10%	20%	10%	35%	25%
Videoconferencing tablet	5%	11%	26%	32%	26%
Skype			68%	21%	11%

It takes more time to go through some measuring instruments instead the patient filling them out by themselves.

CAN YOU GIVE PATIENT INSTRUCTIONS?

	Totally disagree	Slightly disagree	Cannot say	Slightly agree	Totally agree
Phone call		10%		65%	25%
Videoconferencing tablet		5%	11%	42%	42%
Skype			63%	26%	11%

It takes more time to give instructions as it was sometimes more difficult for patients to understand them.

The lack of physical materials for patients to give was seen as a problem.

TIPS FOR STARTING TELEPSYCHIATRIC PROGRAMS

Find people who are interested

Work with technology developers, simple is best.

Take your time, when introducing the technology – multiple months!

Take part in using the tools!

Actively remind people, but do not pressure!



NOW AND FUTURE

Used by intensive outpatient care, the clinic and the ward

Telepsychiatry groups started at the end of summer

In the future; structured therapies (iCBT) and other structured treatment options



THANK YOU!