

TELEHEALTH TREATMENT PLANNING GUIDE

THERAPIST HANDOUT GUIDE

As you provide pediatric telehealth services, you will create treatment plans to be client-centered and address your clients' skills. Treatment planning may be one of the fun parts of the profession, but it can be time-consuming. This guide will offer tips and resources to help with treatment planning.

What technology will I need?



- Technology device
 - Ideally, use a desktop or laptop with microphone, webcam, and speakers.
 - A tablet and phone can be used, but they may be challenging for you to participate in certain therapy activities.
- External microphone
 - An external microphone is optional.
 - You may use it if your device does not have a high-quality, internally integrated microphone.
- External camera
 - An external camera is optional.
 - You may use it if your device does not have a high-quality, internally integrated webcam.
 - A separate webcam and a webcam mount may provide the ability to give the child different views of your therapy activities.
- Mouse
 - A mouse is optional.
 - It can be used to help you with demonstrations.
 - Some devices, such as laptops, has a touch pad.
- Headphones
 - Headphones are optional.
 - It may reduce background sounds and improve audio output and input.
 - You can use them if you want more privacy during your session or if your device does not have a high-quality, internally integrated speaker.



What telehealth platform should I use?

- Use a HIPAA-compliant video conferencing system that meets the HIPAA regulatory requirements to protect the confidentiality and integrity of therapy services.
 - Examples of HIPAA-compliant systems are Zoom and Theraplatform.
 - Skype and FaceTime are not suitable options.

How do I treatment plan for my pediatric clients?



- Review the child's medical history and occupational therapy report regarding the child's current skill sets and goals.
- Interview and gather information from caregivers about their concerns and their child's preferred toys and activities.
- Get to know the child in the first session to build rapport and learn the child's interests.
- Collaborate with the child's therapy team, such as the speech therapist and behavioral therapist, to improve the child's health needs.
- Review the types of occupations and activities that may enhance the child to develop new skills.
- Provide caregiver education to help them gain insight into their child's skills and build self-confidence in their abilities to help their child.
- Consider using a telehealth planner to prepare for specific activities and have notes on adapting the activities based on the child's needs.
- Consider creating a visual schedule of the session's activities in PowerPoint or on a Word Document. This may help you to stay on track and provide the child and caregiver with a session plan.

What are some treatment planning resources?

- You can refer to the following resources to assist with treatment planning. The resources can be used for a range of skills, such as gross motor, fine motor, and sensory processing.
 - Tools to Grow
 - <https://www.toolstogrowot.com>
 - The OT Toolbox
 - <https://www.theottoolbox.com>
 - Adam the OT
 - <https://www.youtube.com/c/adamtheot/videos>
 - The Inspired Treehouse
 - <https://theinspiredtreehouse.com>
 - Pink Oatmeal
 - <https://www.pinkoatmeal.com>
 - OT Mom Learning Activities
 - <https://www.ot-mom-learning-activities.com>
 - The Happy Handwriter
 - <https://thehappyhandwriter.co.za/handwriting-and-fine-motor-blog/>
 - Miss Jaime OT
 - <https://missjaimeot.com>
 - Your Kids OT
 - <https://www.yourkidsot.com>



Do I provide caregivers my treatment plan?

- It would be helpful to collaborate with caregivers on the treatment plan.
- You can send handouts or online links to caregivers in an email for quick access and allow for reviewing and preparing resources.
- Provide the caregivers a list of the supplies needed for a session.

For more information about telehealth, please refer to <https://www.aota.org/practice/practice-essentials/telehealth-resources>.

Disclaimer: The available information about telehealth OT is ever-evolving. Please verify all information before incorporating it into your interventions.

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