
Telepsychiatry in North Carolina and Beyond

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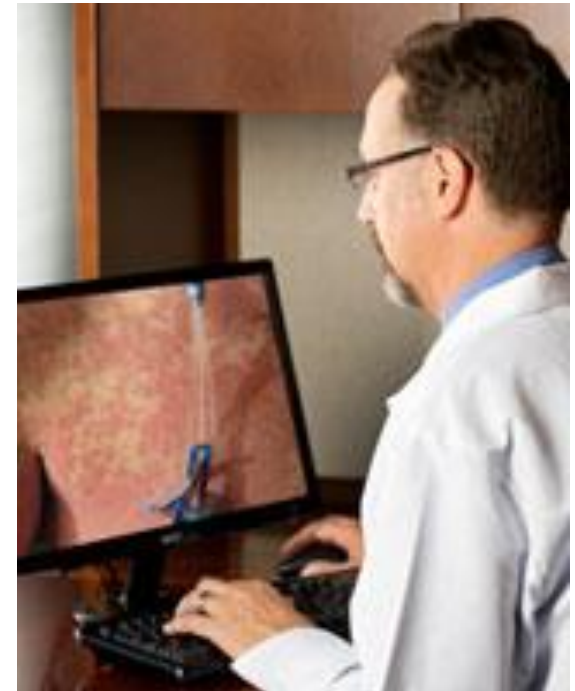
Overview

- Background in telehealth and telepsychiatry
- Telepsychiatry in North Carolina
- Telepsychiatry in other places
- Opportunities



Telemedicine

- Virtual meetings (typically via webcam) that allow for remote medical care
- Recognized by some insurance companies
- Particularly important to more rural areas
- One of the better developed areas is dermatology
- UNC is starting a new emergency care telemedicine program



Telepsychiatry

- Direct psychiatrist patient interaction
- Allows for storing of videos and images
- Accessibility and patient comfort are key areas of importance
- Includes the following services:
 - Evaluations
 - Therapy
 - Patient Education
 - Medication Management

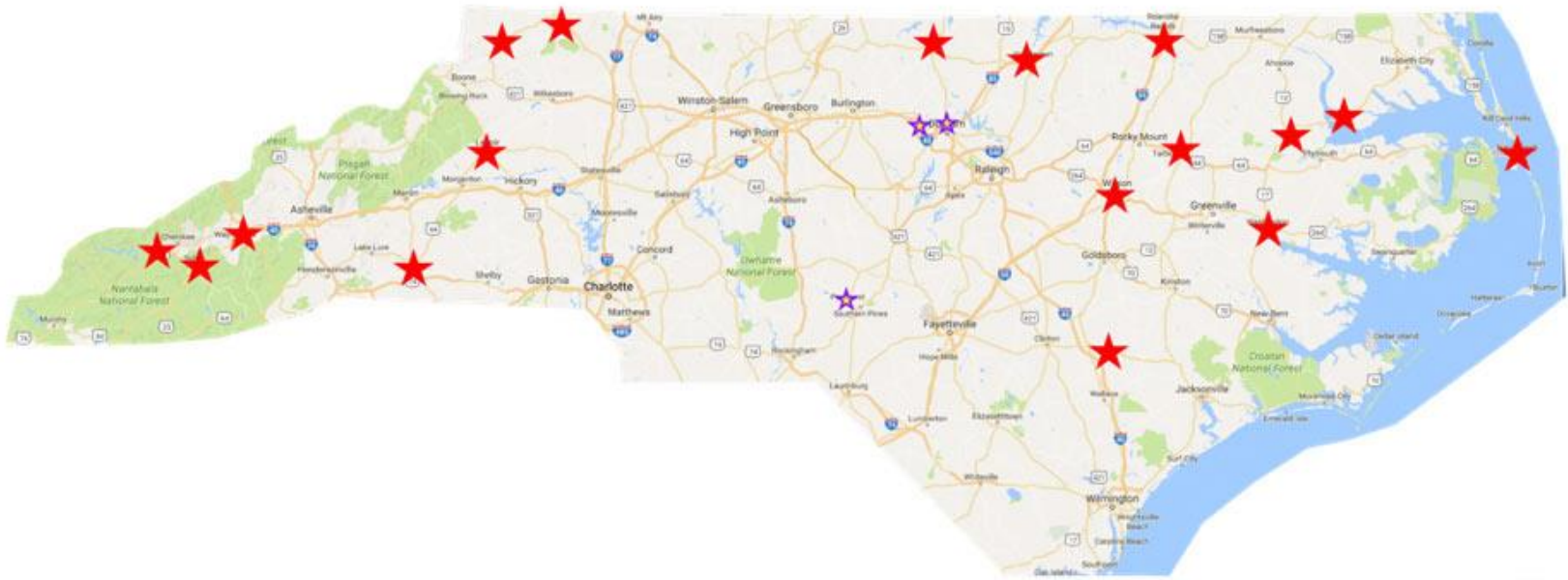


Effectiveness of Telepsychiatry

- Reduces length of hospital stay and number of hospital admissions
- Reduces day to day cost after initial start up cost
- Research has shown that
 - Satisfaction among patients and providers is high
 - Maintains privacy or confidentiality
 - Equivalent in diagnostic accuracy and treatment effectiveness
 - Most effective with PTSD, depression, and ADHD



Telepsychiatry in North Carolina



- NC has a statewide telepsychiatry initiative
 - NCSTeP
 - Focused on rural areas
- ECU is a big name in NC for telepsychiatry



Telepsychiatry in the US

- South Carolina is one of the major pioneers
- Federal regulations and HIPAA laws since 2008
- Funded by Medicare
- Recognized as successful and useful by the APA



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Telepsychiatry Globally



The Royal
Australian &
New Zealand
College of
Psychiatrists



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Opportunities

- Increase the funding to mental health services nation wide
- Moving to more public and private use
- Implementation in school systems, particularly poor areas



Resources

- <https://www.wsj.com/articles/how-telemedicine-is-transforming-health-care-1466993402>
- <https://www.nytimes.com/2010/01/07/health/07chen.html>
- <https://www.psychiatry.org/patients-families/what-is-telepsychiatry>
- <https://www.psychiatry.org/psychiatrists/practice/telepsychiatry>
- Deslich, Stacie et al. “Telepsychiatry in the 21st Century: Transforming Healthcare with Technology.” *Perspectives in Health Information Management / AHIMA, American Health Information Management Association* 10.Summer (2013): 1f. Print.
- Amirsadri, Alireza et al. “Home-Based Telepsychiatry in US Urban Area.” *Case Reports in Psychiatry* 2017 (2017): 6296423. *PMC*. Web. 2 May 2018.
- <http://journals.sagepub.com/doi/pdf/10.1177/1039856217734673>
- <https://www.ncdhhs.gov/providers/provider-info/health-care/statewide-telepsychiatry-program>

