



Virtual Rehabilitation

Questions:

- 1. What rehab needs are you currently addressing through virtual digital tools?**
- 2. What has been the learning? How can it be applied going forward?**
- 3. Is there a difference in how you collect data from virtual sessions compared to traditional sessions?**

Themes:

1. Virtual working:

- Virtual/electronic rehab tools
- GDPR/security considerations regarding working virtually
- Preparing virtual meetings – sending information out to people prior to appointments, either electronically or paper-based (including a SAE)
- Remote assessments take longer
- Working virtually saves on travel time and expenses
- Virtual working is exhausting for people who use services
- Multi-disciplinary team (MDT) meetings are more effective
- Virtual meetings all day are exhausting
- Virtual supervision has been working well
- Use of disclaimer forms regarding exercise sessions conducted virtually
- Written information can be a problem for people who do not speak English as a first language
- Occupational therapists using a variety of virtual tools e.g. Apps, outcome measures, assessments
- Some occupational therapists felt that delivering treatment remotely is harder than face-to-face



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2. Carer stress:

- Carers having to do more due to occupational therapists not conducting home visits in person
- Carers feeling stressed regarding having to follow instructions from occupational therapists regarding using equipment over the phone/electronically rather than in person

3. Redeployment:

- Several community staff have been redeployed to in-patient services

4. Inequality of services:

- Some people felt that inpatients are being prioritised at the cost of community 'patients'

There were several themes identified in the above conversations which cover areas where RCOT can/does provide advice and resources:

- PPE
- Infection control
- GDPR
- Confidentiality
- Consent
- Remote working
- Delegation
- Instructing/teaching carers re: equipment
- Risk assessment and management
- Outcome measures
- Moving and handling
- Record keeping
- Equipment
- Professional competence
- Supervision