

TELEPSYCHIATRY : COMPETENCIES AND CHALLENGES

Course audience: The course is aimed at psychiatrists, psychologists and other professionals working in public health, mental health and general health facilities.

Description: Telepsychiatry (TP) is the oldest e-Mental Health (eMH) application. It is the use of videoconferencing in provision of mental health services at a distance. TP interventions increase access to mental health care, result in quality of care equivalent to in-person care, and sometimes reduce costs. It has been used with a variety of models of care with equally positive outcomes). Clinicians may use TP in private practice, community, government, academic and other settings with a wide range of populations (e.g., child/adolescent, geriatric, forensic, transcultural, primary care patients).

The speakers of this course are the authors of the WPA Telepsychiatry Global Guidelines, published in February 2021. They will provide participants with the necessary skills to use telepsychiatry in daily practice.

The goals of this course are to:

- Review evidence-based TP clinical interventions.
- Provide an opportunity to Learn how to set up a standardized TP service:
 - a) at the public (mental) health care institution(s)
 - b) at patients own home

The faculty of the course will provide: a historical overview of the use of TP; describe context necessary for the application of TP; refer to pitfalls in the use of TP and show how to avoid them in the different utilizations of TP.

Educational intentions / Course outcomes:

After the course the participants will be able to:

- Combine in-person care with care provided using TP methods,
- Assess and deal with privacy and other regulatory challenges
- Access existing competency sets to acquire skills, knowledge and attitudes needed for a successful application of TP
- Apply TP in general practice, and in inpatient and outpatient mental health services

Prerequisite knowledge required from participants to attend the course:

Experience in videoconferencing. Reading the suggested articles.

Teaching methods: regular and interactive:

1. Poll of needs of the audience.
2. Didactic lectures
3. Discussion of Case-based examples
4. Discussion
5. Questions and answers.

Outline:

Davor Mucic:

1. Historical review of TP
2. Patients' and professionals' attitudes toward TP
3. Advantages and disadvantages of home-based and institution-based TP

Donald Hilty:

1. TMH evidence and practice (evaluation, triage and treatment).
2. TP' impact on therapeutic relationship
3. Clinical: assessment of the approach and outcome of TP

Jay Shore:

1. Setting up a standardized TP service (equipment, the room, development of a protocol, ethical considerations; specific populations and settings i.e. clinically supervised vs unsupervised settings, primary care settings, inpatient facilities, facilities specialized in dealing with problems related to substance abuse, geriatric and other facilities)

Donald Hilty and Davor Mucic:

1. Specific domains of TP competency: adjustment of communication arrangements to help clinicians engage, develop and enhance the doctor-patient therapeutic relationship
2. Pre-session preparation and "framing".
3. Legal and regulatory issues: informed consent, privacy, and confidentiality.
4. Getting started with patients: adjusting personal and professional styles
5. Cultural, geographic and international themes

Reflection, Questions, Discussion

List of recommended readings (PDF files of suggested readings will be available electronically to pre-registrants for review before the course takes place).

TP

1. Hilty DM, Ferrer D, Callahan EJ, et al (2013) The effectiveness of telemental health: A 2013 review. *Tel J e-Health* 19(6):444-54.
2. American Telemedicine Association Practice Guidelines for Video-Based Online Mental Health Services – Adults (2013) and Children and Adolescents (2017).
3. Shore J.H. , Yellowlees P, Caudill, R. et al. Best Practices in Videoconferencing-Based Telemental Health April 2018 . *Telemedicine and e-Health* , Vol. 24, No. 11., 2018.
4. *American Psychiatric Association and American Telemedicine Association. [Best Practices in Videoconferencing-Based Telemental Health](https://www.psychiatry.org/psychiatrists/practice/telepsychiatry/blog/apa-and-ata-release-new-telemental-health-guide), 2018. Available at: <https://www.psychiatry.org/psychiatrists/practice/telepsychiatry/blog/apa-and-ata-release-new-telemental-health-guide>.*

5. Mucic D : "Transcultural telepsychiatry and its impact on patient satisfaction". *Journal of Telemedicine and Telecare* 2010; 16: 237–242
6. Mucic D : "International Telepsychiatry, patient acceptability study". *Journal of Telemedicine and Telecare*. 14:241-243, 2008.

Education/competencies

1. Hilty DM, Crawford A, Teshima J, et al. A framework for telepsychiatric training and e-health: competency-based education, evaluation and implications. *Int Rev Psychiatry* 27(6):569-92. 2015.
2. Maheu M, Drude K, Hertlein K, et al. An interdisciplinary framework for telebehavioral health competencies. *J Tech Behav Sci* , 2018.
3. Crawford, Allison, Nadiya Sunderji et al. Defining competencies for the practice of telepsychiatry through an assessment of resident learning needs. *BMC Medical Education* 16 (1),2016.
4. Hilty DM, Zalpuri I, Stubbe D, et al. Social media/networking as part of e-behavioral health and psychiatric education: Competencies, teaching methods, and implications. *J Tech Behav Sci* 2018; 3(4): 268-93.
5. Hilty DM, Chan S, Torous J, et al. A framework for competencies for the use of mobile technologies in psychiatry and medicine. *JMIR Uhealth Mob Health* 2020; 8(2) <http://mhealth.jmir.org/2020/2/e12229/>.

Experience / expertise in the related field

Davor Mucic, MD, Chair

Davor Mucic (DM) is psychiatrist in Denmark. He launched the *Little Prince Psychiatric Centre* in 1996. The Centre has been frontier in developing of telepsychiatry in Denmark since 2000. DM launched the first international telepsychiatry service in the world (between Sweden and Denmark) in period 2004-07. Further, established the first sustainable and still functioning telepsychiatry service in Europe between Little Prince Psychiatric Centre in Copenhagen and Psychiatric Hospital on island Bornholm. DM is founder and former chair of Telemental Health Section within EPA; re-launcher and board member of the Section on Informatics within WPA. DM is author of a number of TP and e-MH related articles. Contributed in writing of EPA Guidance on the Quality of eMental Health Interventions in the Treatment of Psychotic Disorders. Edited book "e-Mental Health" for *Springer Publishing*, 2015. DM is Editor-in-Chief on *Edorium Journal of Psychiatry* (<http://www.edoriumjournalofpsychiatry.com/editorial-board.php>).

Donald Hilty, MD, Co-chair

Donald Hilty (DH) is a scholar in psychiatric and medical education, health services, and

telemedicine. He is the Associate Chief of Staff of Mental Health of the Northern California Veterans Administration Health Care System, and Professor and Vice-Chair of Veterans Affairs in Psychiatry at UC Davis. He speaks internationally and researches models of care with an AHRQ RCT comparing synchronous and asynchronous telepsychiatry, as well as social media, mobile health and psych app technologies. DH is Editor of the *Journal of Technology in Behavioral Sciences* and *Psychology and Cognitive Science*. DH has written 200 publications and the book entitled “e-Mental Health” by Springer Publishing. He is on the APA-IOM and ATA’s Child and Adolescent Telemental Health Guideline Writing Groups.

Jay Shore, MD, lecturer

Jay H. Shore (JS), MD, MPH is Professor in the Department of Psychiatry and Family Medicine, School of Medicine And Centers for American Indian and Alaska Native Health, Colorado School of Public Health, Director of Telemedicine Programming for the Department of Psychiatry and Director of Telemedicine for the Helen and Arthur E. Johnson Depression Center at the University of Colorado Anschutz Medical Campus. JS is a previous chair of the American Telemedicine Association Telemental Health Special Interest Group and served on its Board of Directors. JS is the current chair of the American Psychiatric Association’s Telemedicine Committee.