

It's Time to Talk About Telehealth

Prepared by:

Christopher T. Sneed, PhD, Assistant Professor, Consumer Economics Extension Specialist

Ann Berry, PhD, Professor, Consumer Economics Extension Specialist

Barbara Metzger, Consumer Economics Specialist

Lisa Washburn, DrPH, Associate Professor, Sr. Program Director, University of Missouri Extension

Karen Franck, PhD, Associate Professor, Evaluation Specialist

LESSON SUMMARY:

While telehealth has increased in use, many people remain uncertain and uncomfortable using it. A basic understanding and strategies for effective use can help individuals successfully use (and benefit from) this technology. Through an interactive activity and take-home resources, participants will increase their familiarity and skills using telehealth.

LESSON OBJECTIVES:

At the end of the lesson, participants will be able to:

- Define telehealth.
- Define telemedicine.
- Identify different ways telehealth is used.
- Identify strategies for using telehealth effectively.

LESSON MATERIALS:

Before teaching this lesson be sure to assemble the following materials:

- UT Extension Publication: SP 937-A, *Telehealth: Getting Comfortable with Telemedicine* (English or Spanish)
<https://utia.tennessee.edu/publications/wp-content/uploads/sites/269/2023/10/SP937A.pdf>
<https://utia.tennessee.edu/publications/wp-content/uploads/sites/269/2023/10/SP937AS.pdf>

- UT Extension Publication: SP 937-B, *Telehealth: Know the Basics* (English or Spanish)
<https://utia.tennessee.edu/publications/wp-content/uploads/sites/269/2023/10/SP937B.pdf>
<https://utia.tennessee.edu/publications/wp-content/uploads/sites/269/2023/10/SP937BS.pdf>
- UT Extension Publication: SP 937-C, *Telehealth: Fact or Fiction* (English or Spanish)
<https://utia.tennessee.edu/publications/wp-content/uploads/sites/269/2023/10/SP937B.pdf>
<https://utia.tennessee.edu/publications/wp-content/uploads/sites/269/2023/10/SP937CS.pdf>

Copies can also be downloaded from the internet and printed. Or, ask your Extension Agent to order copies of the above publications for you.

- Flip Chart or Poster Paper and Markers
- Pencils and/or Pens (one per participant)

BEFORE THE LESSON:

Before leading this lesson, be sure to review all the lesson materials and handouts. You might consider bringing in a guest speaker from the healthcare community to speak to your group.

INTRODUCTION: (10 minutes)

Welcome the group.

Have participants introduce themselves by telling their name and any experience they have with telehealth. (It is okay if participants have not had experiences using telehealth or if they do not want to share this information.)

Begin the lesson by telling participants that today they are having a pop quiz! Unlike school, however, participants do not have to fear this pop quiz as it will not be graded. Instead, this quiz will help them start thinking about today's lesson content.

Distribute copies of the UT Extension Publication: SP 937-C, *Telehealth: Fact or Fiction*.

Have participants complete the quiz individually. Once everyone is finished, tell participants the answers to the quiz will be covered during and at the end of today's lesson. (Answers are also located on the pages following the quiz questions.)

LESSON: (20 to 30 minutes)

Distribute copies of the UT Extension Publication: SP 937-B, *Telehealth: Know the Basics*. Review/ summarize each section of the handout with participants:

- What is telehealth What is telemedicine
- How can telehealth be used
- Why is telehealth important
- How to get started

Activity:

Once you have completed a review of the publication, tell participants they are now going to participate in a brainstorming activity. Remind participants that in brainstorming all ideas are good ideas.

Use a flip chart and marker to write down participants' responses to the following question:

“How would you prepare for a telehealth appointment?”

(If participants are slow to respond, you might prompt them with questions such as: “Where in your home might you do a telehealth appointment?” “What questions would you have for your doctor about getting ready for the appointment?” “How would you make sure you have the right technology?” “What would you do if you had a technology problem during your telehealth appointment?”)

Review responses generated by the group. Once completed distribute copies of UT Extension Publication: SP 937-A, *Telehealth: Getting Comfortable with Telemedicine*. Invite participants to review the publication at home on their own.

EVALUATION: (5 minutes)

Ask participants to take out the quiz they completed at the first of the lesson.

Review the answers with the participants. (Answers are located on the pages following the quiz questions.)

Thank participants for attending and if appropriate announce the date and time of the next meeting.



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