

Tips for a Successful Telemedicine Visit

Ambience:

Try to find a setting that is private, safe and has good lighting. Try to avoid backlighting, lighting that's coming from behind the subject. Ideally, lighting should be from behind the laptop or computer shining on the subject.

Sick Encounters:

If you are scheduled for a sick visit please make sure to take the patient's temperature and obtain a weight the best you can at home. Any other information, like the patient's height or blood pressure, if available, could be helpful, as well. If you have the opportunity, send this information to our email address. Those addresses are listed below for your provider.

If there is a rash or lesion it would also be useful to send photos of that, in advance of the visit, to the email addresses listed since the resolution of photography on the email is much better than the videography.

Well Visits (Physicals):

If you are scheduled for a physical collect vital signs. Ideally we would like the patient's weight, height or length, temperature and, if available, blood pressure. The height is best measured by standing the patient with heels to the wall looking straight ahead and making a marked right at the top of the head on the wall and then measure the distance from the mark to the floor.

There are many forms that need to be completed in advance of your visit. Please fill out those forms and surveys. This would be an excellent location to record the information collected earlier, vital signs. Then you may send them to the appropriate email address.

Other Visits:

Many patients are scheduled for other types of visits including follow-up for behavioral issues, ADHD, anxiety, depression or asthma. There are surveys appropriate for each of these visits that you will be instructed to fill out before your visit. Ideally these should also be sent, in advance, to the email addresses below.

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