

# New Directions in Pain Fellow Education

## The Telemedicine Physical Exam

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# Outline

- COVID
- Need to Learn Telemedicine Expeditiously
- Need to Teach Telemedicine Expeditiously
- Need to Evaluate How we Teach Telemedicine Education
- Need to Educate others in what we learned
- Need to Improve it for the next generation of Pain physicians



# COVID

- BAD
- Good



# Need to Learn the Telemedicine Exam

- Administrative support
  - Scheduling
  - Patient Instructions
    - Seating
    - Clothing
    - Tools
    - Location
- Physician Tools
- Passive Examination
- Pseudo Active Examination

[Telemedicine During COVID-19 and Beyond: A Practical Guide and Best Practices Multidisciplinary Approach for the Orthopedic and Neurologic Pain Physical Examination.](#) Wahezi SE, Duarte RA, Yerra S, Thomas MA, Pujar B, Sehgal N, Argoff C, Manchikanti L, Gonzalez D, Jain R, Kim CH, Hossack M, Senthelal S, Jain A, Leo N, Shaparin N, Wong D, Wong A, Nguyen K, Singh JR, Grieco G, Patel A, Kinon MD, Kaye AD. *Pain Physician.* 2020 Aug;23(4S):S205-S238. PMID: 32942812

# Need to Teach the Telemedicine Exam

- *Strategies*
  - *Didactic Sessions*
  - *Attending Evaluations with Real patients*
  - *Attending as Patient*
  - *Fellow –Fellow Education (Clinician/Patient)*
    - *Guess the Diagnosis*
  - *Mock Patient*

# Need to Evaluate How we Teach the Telemedicine Exam

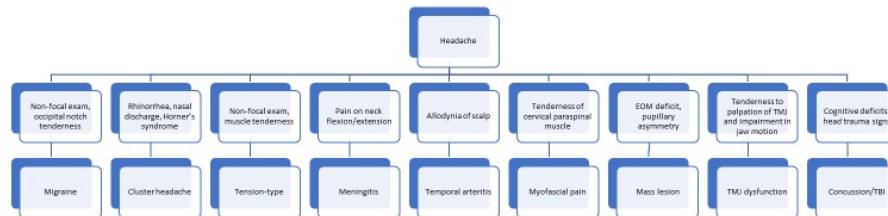
- **Take Home Lessons**

- Shorter encounters are ideal for training purposes
- Standardization in clinical diagnoses and requirements should be instituted to ensure uniformity in training
- Relevant props should be provided prior to mock encounters
- Session can be recorded and observed in real-time by an attending but attending should ensure recording is possible using particular software and should have video off and mic muted during the session
- Immediate as opposed to delayed feedback is preferred.
- Training protocols should be designed to help fellows identify when and when not to perform an extensive virtual physical examination.

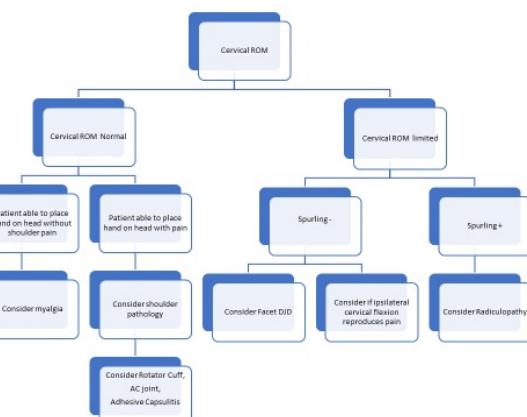
# Need to Educate Others on What We've Learned

- Headache
- Cervical
- Lumbar

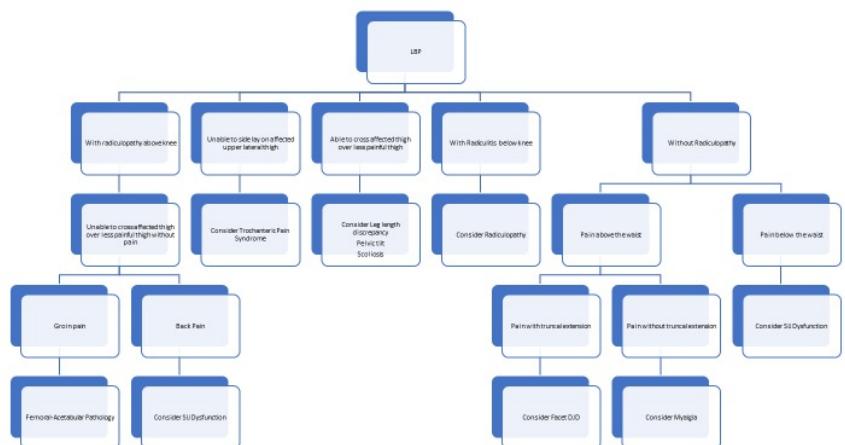
Headache Telemedicine Algorithm



Cervical Telemedicine Algorithm



Lumbar Telemedicine Algorithm



[An Algorithmic Approach to the Physical Exam for the Pain Medicine Practitioner; A Review of the Literature with Multidisciplinary Consensus.](#) Wahezi SE, Duarte R, Kim C, Sehgal N, Argoff C, Michaud K, Luu M, Gonnella J, Kohan L. *Pain Med.* 2022 Feb 18:pnac031. doi: 10.1093/pain/pnac031. Online ahead of print. PMID: 35179576

# Need to Improve the Telemedicine Exam for the Next Generation of Physicians

- To Be Continued.....

