

Charity Lane and Dr. John Mayer scheduled to present on “Telehealth for Exercise Delivery” at the June FCA SouthEast Regional Convention

May 26, 2016

Charity Lane and **Dr. John Mayer** of the USF Lincoln Chair Research Program are scheduled to present on “Telehealth for Exercise Delivery” at the Florida Chiropractic Association (FCA) SouthEast Regional Convention held on June 23 - 26, 2016 in Doral, Florida. This is the first of several presentations on the topic by Charity Lane and John Mayer to various audiences.

Background:

Exercise is vital for general health, physical fitness, and overall wellness, and is well documented as an effective approach for prevention and treatment of various disorders. Doctors of Chiropractic traditionally deliver exercise under direct supervision within an office setting. While effective, this approach is often not practical for implementation and may result in sub-optimal long-term outcomes. The use of telehealth, such as web-based and smart phone applications that allow remote monitoring and guidance, is a growing trend in exercise and wellness. Options range from interactive formats where users can view and move with an on-screen trainer, to apps where the user can log repetitions and record movement via self-report workout logs that are monitored by credentialed providers.

Significance:

Clinicians may benefit from the use of telehealth exercise delivery through improved adherence and better outcomes that may be achieved in a cost-effective manner for their patients. However, there are potential weaknesses and risk management considerations associated with use of telehealth applications to deliver exercise.

Objectives:

The learning objectives of this presentation are to: 1) provide evidence-based information about risk management considerations for telehealth delivery of exercise for Doctors of Chiropractic, 2) appraise barriers/facilitators and risk management factors in the clinical decision making process for implementation of telehealth exercise delivery and 3) evaluate and apply learned principles in order to make practical application recommendations regarding risk management considerations for implementation of telehealth exercise delivery approaches.