



GSSMC Physiotherapy Telerehabilitation Services

Information and Consent Form

Telerehabilitation¹ (TeleRehab) is the provision of rehabilitation services via telephone, video or other remote monitoring technology. It is a medium we have adopted to link physiotherapists and patients when an in-person visit is not possible or preferred. The use of TeleRehab will assist in ensuring that our patients are able to have their physiotherapy needs addressed in the most appropriate manner.

How will I receive virtual physiotherapy treatments?

- The session is conducted via a computer or mobile device with a camera.
- The software is either Google Meets (if you have G-Suite) or Zoom.
- You may be required to download and install the Zoom software on your computer or mobile phone prior to your appointment.
- You will need to share your email address to receive the session invite.
- Unless otherwise specified, your physiotherapist will not be recording or storing any of the video content from your session. They will chart/document the visit as they would your in-clinic treatment.

What can I expect from a TeleRehab appointment?

- The same standards of practice for physiotherapists apply for TeleRehab services. For more information regarding physiotherapy standards of practice, please visit <https://www.physiotherapyalberta.ca>
- The appointment will feel very similar to an in-person visit, as the physiotherapist will take a detailed history, engage in a comprehensive discussion regarding the injury, conduct a visual assessment of the injured site, and have you complete requested activities to assist in the movement exam.

¹ https://www.physiotherapyalberta.ca/files/telerehabilitation_patient_information.pdf

What are the risks/limitations of TeleRehab?

- The primary limitation of TeleRehab is your physiotherapist will be unable to perform a hands-on exam or provide manual therapy as part of your session. Consequently, the physiotherapist must rely on self-reports and your ability to work through the requested movements to make informed decisions.
- The primary risk of TeleRehab pertains to privacy and security of your personal information. Our physiotherapists will always be in a secure environment with a secure internet connection however you may not have the same level of privacy and security at home. Please make the necessary arrangements to protect your information.
- All other documentation is stored by the physiotherapist within our secure electronic medical record as with in-person visits. No information is stored on computers.

NOTE: Emergency protocol - your physiotherapist will confidentially confirm your address so in the event of a medical emergency during your TeleRehab session, they will contact 911 and disclose your location to emergency operators.

Is TeleRehab right for me?

- To be able to provide appropriate care remotely, both you and your physiotherapist should be comfortable with the technology required (i.e. email and Zoom/Google Meet).
- You will require a setting where you feel comfortable and safe completing a session with your physiotherapist. This includes both your physical surroundings as well as your internet connection. Public internet connections are less secure and not recommended.
- Based on all of these factors, your physiotherapist will also determine if this medium is your best option. In the absence of any acute/urgent care needs, your other options could include a standard email, a phone call or (if able) waiting for in-person care.

By signing below, you are indicating that you have read the information provided, understand the risks, and consent to receiving physiotherapy services via TeleRehab.

Please email the completed form to your physiotherapist.

Patient Name (Printed)**Signature (or guardian)****Date**