Navigating Telemedicine: Tips and Tricks

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Helpful Tips for Telehealth Visits

By Vanessa Aldaz, MPH, RD, CDE

Disclosures

- Consultant – Nutricia North America as a KetoAmbassador

First impressions and beyond- Practical tips for a successful video appointment

- Dress accordingly - professional to your organization's standards.
- Good lighting helps.
- Sound check.
- Smile, you're on camera! Be aware of candid shots.

Practical tips

Keep track of your time.

Have education material ready.

Anthropometrics from home scales.

Make sure you visually see the patient.

Ketogenic Diet Admission via ZOOM or Telemedicine

Zahava Turner, MS, RD, CSP, LD

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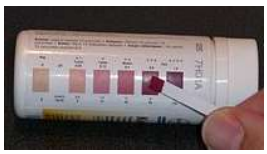
Pick up of keto stuff pre-diet start

- Scale
- Book
- DVD
- Vitamins
- KetoStix®



Ketostix are a registered trademark of Ascensia Diabetes Care Holdings AG LLC and not affiliated with Nutricia North America.

Pre-Keto Shopping list

Essentials – choose 1-2 from each category

Fats:

- Heavy Whipping Cream
- Butter
- Mayonnaise
- Oil (any kind of oil – vegetable, canola, olive, coconut, ghee)

Protein

- Eggs
- Bacon
- Tuna fish
- Chicken, beef, pork, fish, shellfish (any of these products)

Fruits and Vegetables

- Fresh, frozen or canned

Non essential but helpful to have

Snack Foods:

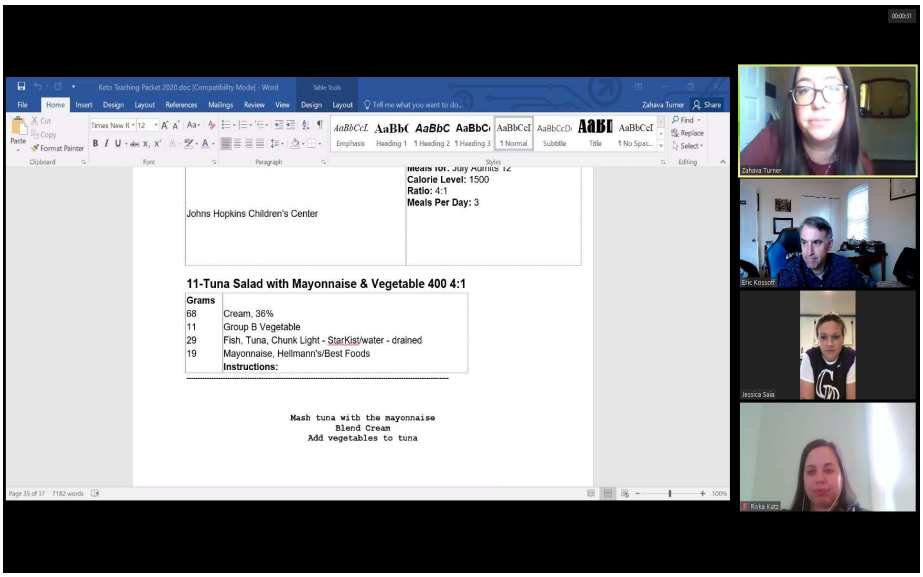
- Babybel® cheese
- Guacamole snack packs
- Pork rind
- Beef jerky
- Cheese crisps

Nuts

- Raw whole nuts
- Nut Flours
- Nut Butters
- Shelf-stable nut-based milk alternatives

Schedule

	DAY 1 – Day one of keto	DAY 2 – Family makes 2:1 ketogenic breakfast. Checks urine ketones on their own.
9 am	**Zoom lecture 1 – Introduction to Keto** • Led by attending, dietitian present • Child does not fast. Regular breakfast.	**Zoom televisit – no lecture** • Led by attending (also prescribes CytraK)
11 am	**Zoom lecture 2 - Diet basics and how to weigh/measure foods** • Led by dietitian • Family will make 2:1 ketogenic lunch with Zahava supervising. Full calories.	**Zoom lecture 4 – Parent support** • Led by dietitian • Family makes 4:1 set recipe lunch
1 pm	**Zoom Lecture 3 – Handling sickness on the ketogenic diet, checking ketones.** • Led by Attending or RN	**Zoom Lecture 5 - Using KetoDietCalculator and other computer recipe sites** • Led by dietitian
5 pm	Family uses recipe for 2:1 ketogenic diet dinner. Dietitian assistance as needed	Family can either use computer program or the set 4:1 ketogenic dinner recipe to make dinner. Quick call from attending or RN to check in.



Schedule (continued)

	DAY 3	DAY 4
9 am	**Zoom Televisit – no lecture** • Led by attending and dietitian • Exam and ketones. • Family makes breakfast using KetoDietCalculator (preferred) or 4:1 breakfast from recipe.	**Zoom Televisit – no lecture** • Ley by attending MD and dietitian

** If family is completely formula-fed, they can skip lectures 4 and 6

MAD in the Time of COVID-19

Stacey Bessone, RDN, LDN

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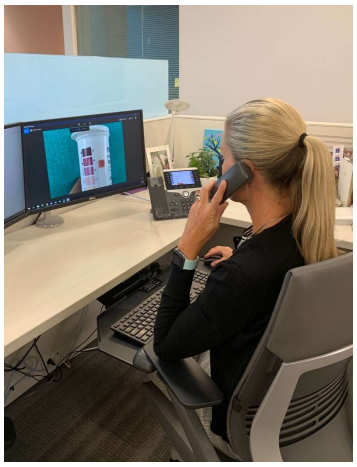
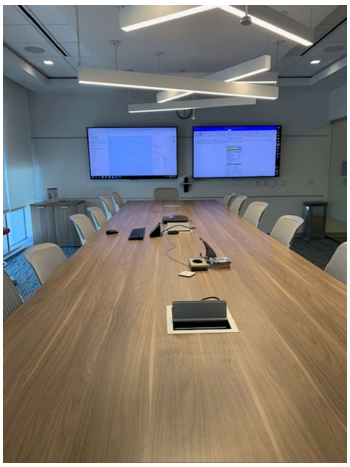
JHACH Telehealth



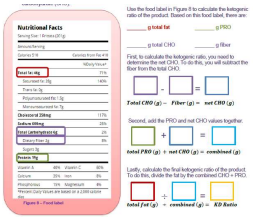


Telehealth Initial Visit

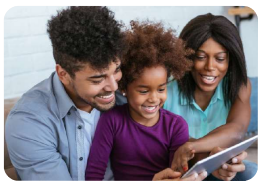
Viewing the patient – surroundings, family interactions

Email handouts- review with patient

Label reading- Find food item to review

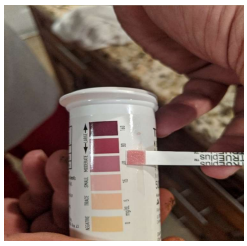


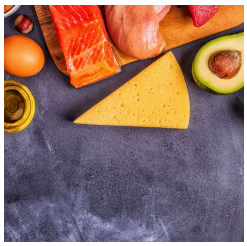
Engage with tech savvy patients



Telehealth Follow-Up Visit

1	Obtain pictures of weight and urine ketone testing strips
2	Review diet understanding
3	Assess compliance
4	Review tips/discuss obstacles






Setting Boundaries and Expectations

Robyn Blackford, RDN, LDN

Disclosures

- Consultant – Nutricia North America as a KetoAmbassador
- Advisory Board for Trumacro™

Moving Forward post-peak Pandemic

Changes for your staff

- Adjusted staffing, furloughs
- Feeling like you're not there for your team
- Insecurity → anxiety

Changes for your patients

- Leaning on your team
- Giving access to KetoDietCalculator

Play offense, Not defense

- Communication through all of your channels
- Stick to your plan

Virtual Diet Initiations Using Microsoft Teams®

Lindsey Thompson, PhD, RD, CSP, LD

Disclosures

- Consultant – Nutricia North America as a KetoAmbassador.

Virtual Diet Initiations Using Microsoft Teams®

- **Step 1: Primary provider refers their patient to Keto Screening Clinic**
  - Primary provider orders all necessary keto screening labs prior to referral
- **Step 2: Keto Screening Visit - for new diet referrals**
  - TEAMS appointment with Patient, APRN, Nutrition, SW
- **Step 3: Pre-Diet Visit - for those moving forward with ketogenic diet**
  - TEAMS appointment with Patient, APRN, Nutrition
- **Step 4: Titration Appointments - for patients actively initiating**
  - TEAMS appointments weekly with Patient, APRN and Keto Nutrition
- **Step 5: Follow Up**
  - Once the patient has reached goal ratio patient is referred back to his or her primary epilepsy provider for follow up appointments (currently via TEAMS)

Step 2: Keto Screening Visit via TEAMS

For new diet referrals
Multidisciplinary (APRN, Nutrition, SW)

- Education on diet initiation and side effects provided
- For complete nutrition assessment, obtain height and weight prior to the visit
- If moving forward with keto, provide some basic education materials and next steps (basics of the diet, kitchen supplies needed, food list)
- Formula fed considerations

Step 3: Pre-Diet Visit via TEAMS

For patients those moving forward with ketogenic diet

- Ensure patient has adequate supplies to be ready for Titration appointment #1
- Order urine ketone sticks (APRN)
- All medications have been changed (APRN)
- Gram scale, food
- Formula and supplies
- Discuss obtaining home weights and at what frequency they will be recommended

Step 4: Titration Appointments via TEAMS

Scheduled weekly but timing can be adjusted on an individual basis

- Check on diet tolerance and seizure activity at current ratio
- Increase ratio 0.5-1 each week until desired level of ketosis and/or seizure control is achieved
- Monitoring: urine ketones only (unless symptomatic then will get labs)

2:1 3:1 4:1

Diet Education

- Provide 4-5 recipes at ratio
- Review gram scale use and food preparation

Thank you

Questions and Answers

Please enter your questions into the Q&A box on the right hand side of your screen

THANK YOU!

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