



What is a telehealth visit?

Much like an in-person visit, a telehealth visit will allow you and your child to meet with the children's rheumatology service ('provider') using video if you are in a clinic setting (e.g. an outreach clinic) or your mobile device if you are in your home (e.g. using a mobile phone / tablet). You will usually have the telehealth visit with the rheumatologist (doctor) and other members of the team (e.g. nurse or physio) may be part of the telehealth visit. During this visit your provider will use computer and video technology to communicate with you. You will be asked to provide consent for the telehealth visit prior to your appointment starting. These visits are secure and confidential.

How does the visit work?

You will be scheduled for your telehealth appointment to take place at a (outreach) clinic closer to your home or in a room in your home. The main difference to a regular in-person clinic appointment is that your doctor or nurse or physio will be on video to chat with you. The examination part of the visit will be done mainly by watching your child move their arms and legs. You may be sent a picture sheet to show the simple actions (e.g. V-pGALS) that your child may be asked to do. Young children do not have to be present or throughout and especially whilst the doctor is talking to you about the history part of the visit. If you are in a clinic setting, a member of the healthcare team will remain with you during the visit to manage the technology equipment. If you are at home, then it may be useful to have someone else present or available for at least part of the visit to hold the device (e.g. mobile or tablet) during the examination. Your visit may also include blood tests and X-rays as needed if you are in a clinic setting or these may be arranged after the visit at another time and place. Your doctor will explain how you will get a summary after the communication about the visit.

Which patients can be seen by tele-rheumatology?

It will be up to your rheumatology team to determine if a telehealth visit is right for you and your child. Some follow-up visits in person are still important. There is a possibility that you may need to come to the hospital to be seen in person if your provider's assessment reveals concerns.

Important reminders about the appointment:

- You will need to be ready and on time. You need to be prepared to 'log-in' 10 minutes before visit start time.
- Have all medications and medication records with you.
- If you are going to be at home for the visit, then consider where best to do this; ideally with good internet signal, a quiet space with good natural light and adequate room for your child to walk around (1-2 metres in one direction) and also sit on the floor. If possible, have a chair available for your child to sit on and have a flat surface (sofa, bed or table) close by where your child can lie down.
- Have your child wear gym shorts and a T shirt (preferably sleeveless) for the visit and be prepared for them to take their shoes and socks off.
- If your child wears fingernail polish, it is important to take this off before the appointment.