

# Televideo Support Services for Rural Elderly



Angela Banitt Duncan, PhD

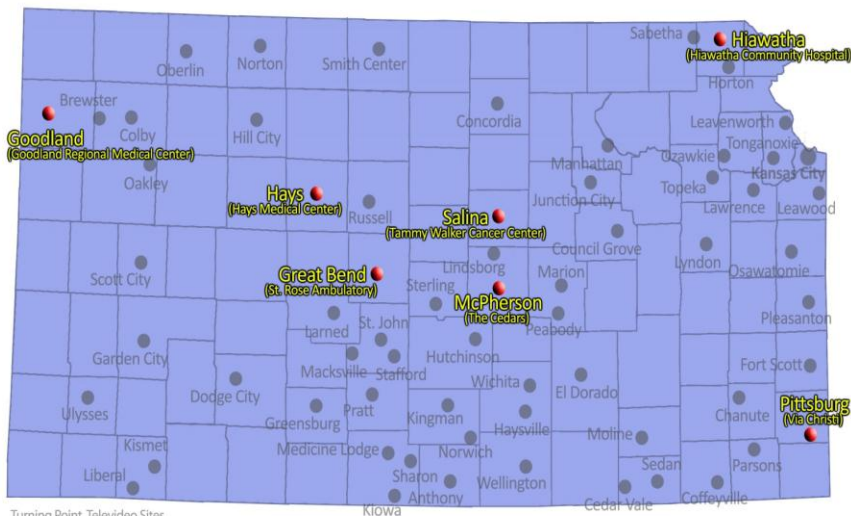


## Overview

- ▶ Telemedicine in Kansas and partnerships
- ▶ Support group literature review
- ▶ Feasibility elements of televideo support groups
- ▶ Feedback from site coordinators and participants
- ▶ Summarize future directions

# Telemedicine in Kansas

- ▶ First connection to Hays, Kansas in 1991 for Pediatric Cardiology
- ▶ Expansion to over 30 specialties and 60 sites during the last 15 years
- ▶ Patient-physician consultation over interactive video; some store-and-forward applications
- ▶ Over 60 hospitals, schools, nursing homes and clinics have capability



Turning Point Televideo Sites  
2013 May

## What is Turning Point?

- ▶ Non-profit organization
- ▶ Mission:
  - “to empower and transform the mind, body, and spirit of individuals, families, and friends living with serious or chronic physical illness”
- ▶ Offers comprehensive programming to address the psychological, social, emotional, and physical needs that accompany a serious or chronic physical illness.



## What is Midwest Cancer Alliance?

- ▶ Organization aimed at advancing the quality and reach of cancer prevention, early detection, treatment and survivorship methods to Kansas and western Missouri
- ▶ Dr. Doolittle – tele-oncology clinic and MCA medical director
- ▶ <http://www.midwestcanceralliance.org/>

## Support Group literature

- ▶ No ideal support group, no “magical formula” for attracting and retaining a diverse audience (Bell et al., 2010)
- Few differences observed between professionally-led and peer-led support groups (Stevinson et al., 2010)

## Support Groups via Televideo?

- ▶ Collie et al., (2007)—breast cancer support for rural women
- ▶ Doorenbos et al., (2010)—cancer survivor support for rural tribal communities
- ▶ Lounsberry et al., (2010)—support for stem cell transplant patients

## Support Groups for Elders?

- Plethora of literature around caregiver support
- Limited support specifically for elders
  - Petty et al (1976)—community-based, aging concerns
  - Ong et al (1987)—depressed elders

## Our Televideo Support Services Pilot

- ▶ Turning Point
  - 65+ support programs
  - Examples
- ▶ Compare In-Person vs. Televideo

# 7 Habits of Humorously Healthy People



Distant Site Perspective



and Participants



7 Habits of Humorously Healthy People >>



### 7 Habits of Humorously Healthy People

THIS CRAB CHASES  
ALL THE BLUES AWAY!

## Support Group Considerations

- ▶ Training/Preparing Rural Coordinators?
  - Confidentiality
  - Group expectations
  - Handling participant emotional discomfort
  - Promoting participation

# Come Join Us!



**Free Program**



## **7 Habits of Humorously Healthy People**

When: April 13th, 3:00—4:00 pm

Where:

Living with a serious or chronic illness is no laughing matter—but laughter may be the best medicine... Research shows that laughter helps to relieve pain, relax the muscles and manage the stress associated with any illness--it not only supports the healing process but may even boost the immune system. Discover the 7 Habits of play and humor that can help you to lighten up, feel better and cope with stress. We will get together to support each other and enjoy some "playful practice" in the benefits of humor and laughter.

"There is no evidence that humor adds years to your life, but there's lots of evidence that it adds life to your years". -Paul E. McGhee, Ph.D.

*Facilitator:* Mary Pebley, founder of Funny Business, humor therapist, national speaker, facilitator, and consultant known for her entertaining and energizing style. She has worked with wellness and medical organizations nationwide, promoting health and healing through laughter.



## **Support Group Considerations**

- ▶ Training Presenters to Effectively Use ITV
  - Presenter guide
  - How many is too many?



## Support Group Considerations

- ▶ **ITV Considerations**
  - Explain visibility
  - Confidentiality
  - Rapport

## Feedback Overview

- ▶ Advantages
- ▶ Challenges
- ▶ Satisfaction
- ▶ Program costs

## Advantages

- ▶ Access to support services otherwise lacking in rural areas
- ▶ Patients getting treatment able to participate
- ▶ Save gas, time, money when available at local hospital/clinic
- ▶ Draw on expertise from larger organization/community

## Challenges

- ▶ Number of sites connecting at once dependent on type of program
- ▶ Delay in communication transmission
- ▶ Limited attendance
  - “I wish more people in community would take advantage of the programs”
- ▶ Conversation somewhat inhibited
- ▶ Difficult to accommodate all skill levels

## Satisfaction

- ▶ Site Coordinators
  - “I thought the program was great!”
  - “I totally appreciate the idea of a shared program...I run out of ideas”
  - “There is no way we could do this on our own...”
  - “We love ITV!”
- ▶ Participants

## Program Costs

- ▶ KUMC OAT grant-supported funding for equipment:

◦ HDX700	\$6, 269. 37
◦ 3-year maintenance	\$2, 104. 05
◦ Camera	\$ 89. 28
◦ 42' LCD monitor	\$ 1, 200.00
- ▶ Turning Point programming supported by community donations

## **Future Directions**

- ▶ Expand community programming
- ▶ Long-term care planning meetings
- ▶ Licensed psychology services