HCP Telemedicine Resources Guide

When meeting with your patients in person isn't possible, this document can provide you with some information and links to available resources about telemedicine visits. Created to help maintain an ongoing conversation with your Attention-Deficit/ Hyperactivity Disorder (ADHD) patients, this guide can help you make the virtual visit go more smoothly.

Things to consider when implementing telemedicine into your practice

Rules and regulations vary from state to state. Check your state rules and regulations regarding telemedicine and prescribing in a virtual setting.

As with any medication, proper use is important. Prescription stimulant medications, such as amphetamines and methylphenidates, are controlled substances (regulated by the federal government) and need to be handled in a serious manner because they have a high risk of abuse and dependence.

Pre-virtual Appointment with Patient

When it comes to telemedicine appointments, the best patient visit is one that goes smoothly for both parties. A little prep before the appointment can set both you and your patient up for a more productive interaction.

- Make sure your patients are aware of any technical requirements before the appointment – e.g.: *Do they need to download software? Are additional logins required?*

- Check internet connectivity strength and make any necessary adjustments prior to your visit

- Create a list that contains contact information for your IT support team and have it by your side before the appointment begins

- Make sure to test your camera and have it at face level, with proper lighting

During Your Visit

Once your session has started, treat the interaction the same as you would treat an in-person visit. Follow the same guidelines that your office has established and work with the patient to understand their specific needs. From there, explain any next steps that are needed from the patient and discuss any questions they may have.

Remember: While this digital interaction may be routine for you, it may be intimidating for patients who are unfamiliar with telemedicine or who have apprehensions around technology.

Post-visit Details

If you (or your practice) have the capability, send a follow-up note to your patient and ask for any feedback that they may have about the session. Did the technology work? Were there any concerns with the technical aspects of the session? Are there any changes that they would like to see before their next session?

By continuing to refine and adjust as needed, your preparation can go a long way in building a constructive visit for both yourself and your patients.

Additional Resources

Consumer Virtual Visit PDF: A guide for helping patients plan telemedicine visits

APA Telehealth Resources: A curated list of telehealth resources

AMA Quick Guide to Telemedicine: A guide created to support both physicians and practices

Proper Use of Stimulant Medication: A resource for HCPs regarding the proper use of prescription stimulant medications.