

telespine

Case Studies

February 2015



Study #1

Cost-containment – Reduced Number of Office Visits

A February 2011 case study demonstrated that the Telespine program reduces the cost of low back pain, dramatically improves employee participation, and significantly increases participants' satisfaction higher than traditional office-based physical therapy care alone.

- ➔ Utilization data collected from 2009-2010 by United Healthcare
- ➔ 1,721 patient subjects with spinal related diagnosis Telespine
- ➔ Used as a standard part of all patient treatment plans

21% Reduction in office visits per episode
(vs. United Healthcare network average)



Study #2

Better Clinical Outcomes

Mechanical low back pain is the most common types of low back pain and makes up 97% of all types of low back pain. Non-specific low back conditions, such as lumbar sprain or strain caused by acute injury, repetitive trauma, and poor posture during activities, make up greater than 70% of all cases¹. It is this patient population that was studied in our initial trial and demonstrated very positive results using the Telespine program.

A June 2011 case study demonstrates that the utilization of the Telespine program improves outcomes for individuals suffering from LBP better than traditional office-based care alone.

- Outcomes data collected by SOMA Physical Therapy Jan-May 2011
- Outcomes data compared to occupational LBP research
- Telespine used as a standard part of all patient treatment plans
- Subjects with mechanical low back pain syndrome

51% Improvement in functional status
(compared to only a 23% improvement with traditional office based PT care alone³)



Study #3

Better Patient Participation & Self-Management

Research clearly shows that people with low back pain get better faster and have less pain when they consistently participate in prescribed activities and do specific exercises that promote a healthy spine. Our web app and clinical program promotes patient self-management, and is facilitating greater patient participation leading to more successful clinical outcomes in patients with LBP.

Specific “core stabilization” exercises are the most common self-management strategy used in physical therapy and reported in the literature for the treatment of acute and chronic low back pain. This research suggests that LBP patients could better manage their condition if they were given self-management education and self-management support in the form of direct access and communication to providers at a distance⁴. Our web app is advancing the way individuals consume the therapeutic plans providers make available online. Web apps take patient self-management far beyond exercise plans by incorporating communication, monitoring and feedback, education, reminders, evidence-based guidelines, progress tracking, and collaborative goal setting all of which play a role in patient self-management.

Data extracted from our software shows a significant increase in patient participation in their therapeutic plans and more. Login data from patients reveal they are logging into their patient portal on average 9.5 times per week.

75% Higher plan adherence with Telespine
(vs. 35% traditional orthopedic adherence without Telespine)



Study #4

Patient Satisfaction with Telehealth

Patient satisfaction with telemedicine is very high at 98.3% and for good reason⁵. Reduced costs and more convenient access to personalized therapeutic content and provider guidance strongly encourage patients to adopt and utilize Digital health solutions.

Digital health is safe, efficient, and convenient for both patients and providers. It is often cited as the method preferred by patients who demand timely access to their doctors. Many medical conditions and testing procedures do not require the physical presence of a physician or the time and expense of an office visit.

Telehealth solutions answer the problems of cost, access, and convenience while achieving desired outcomes. Telehealth solutions may in fact be the perfect vehicle to effect the greatest therapeutic change in patients and lower cost for all stakeholders. Telehealth closes the distance and collapses time between provider and patient and enables faster insight into the patient's condition, progress, and ongoing needs.

75% of patients reported higher satisfaction with their rehab experience

(when participating in the Telespine program)

References

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3. Di Fabio, R. Physical therapy Outcomes for Patients Receiving Workers' Compensation Following Treatment for Herniated Lumbar Disc and Mechanical Low Back Pain Syndrome. JOSPT, vol. 23 n. 3 March 1996.
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5. Gustke, S.S., Balch, D.C., West, V.L., and Rogers, L.O. 2000. Patient satisfaction with telemedicine. Telemedicine Journal Spring 6(1): 5–13.