



PediPRN

Bradley Hospital

*Lifespan. Delivering health with care.®*

## Top Ten Tips for Telemedicine Behavioral Health Visits

1. Behavioral health screening may be a challenge at this time. Please contact us if you have questions about assessing patients mental health via telemedicine visits.
2. Privacy (**especially for teens**) can be a challenge. Plan with patients and caregivers at the start of the session for individual time and engage with families in problem-solving so that teens have an opportunity to speak with you alone without others listening.
3. Younger children and those with ADHD or ASD may find it difficult to remain engaged in front of the screen or may be overly curious about the electronics being used and distracted. Encourage parents to provide toys during the visit. Allow children to move away from the screen but recommend to parents that they remain in the room to answer questions as needed. Call them back to the screen to engage them periodically.
4. Children who are distracted or talkative may need some guidelines for the session. Try using a **“first, then”** approach. For example, **“first I need to ask you some questions about xxx, then you can show me your special drawing”**. Reserve a few minutes at the end of the session dedicated to child-led interactions.
5. Keep recommendations simple and straightforward. Have patients and families identify a primary concern to focus on and address during the visit.
6. Many children, teens, and parents are benefitting from the opportunity to connect with and obtain support from someone outside of their family group. Allow them time to share feelings. Validate feelings by reflecting back what they are saying. Normalize their experiences.
7. PRN medication for anxiety can be an error of kindness. Please call PediPRN with concerning anxiety cases.
8. High-risk families (**domestic violence, abuse, neglect, etc.**) are at higher risk right now. If you have staff available, consider reaching out to these families more frequently.
9. If you have moms who are pregnant/post-partum and need psychiatry support - please remember to contact RI MomsPRN (401) 430-2800.
10. Take care of yourself- this is a marathon and not a sprint.