

Telerehabilitation Checklist

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This checklist was created to assist therapist implement telerehabilitation in the current pandemic period. The author is not liable for any adverse events linked to any clinical implementation of the mode of delivery. Each clinician is liable for their own clients and clinical judgement.

Telerehabilitation is defined as a way to provide rehabilitation services remotely using information and communication technology (Brennan, Mawson, & Brownsell, 2009). It is a subdiscipline of telehealth and involves any rehabilitation delivered using telehealth technologies such as videoconferencing, sensors, chat / text, educational portals and more. In unprecedented times such as a Pandemic, this alternative mode of delivery can serve as an excellent model of care due to the restricted nature of physical contact.

Telerehabilitation is complex and requires each therapist obtain proper training to develop new and specific skill sets in order to properly implement it as a tool. However, in emergency situations, extensive training may not be possible. For this reason, we have created a telerehabilitation checklist to support safe and rapid implementation within our clinical roles.

We plan on updating this checklist frequently as the situation evolves and evidence emerge on this topic.



Telerehabilitation Checklist

Name: _____ **DOB:** _____ **Therapist:** _____

Initial Phone Call	Date:
Informed Consent	Date:
Emergency Contact	Name: _____ Phone: _____
Client Address (emergency)	
Privacy Policy	Date:
Send Consent Email	Date:
Send Client Booklet	Date:

Items Reviewed / Date																			
Initial Remote Session																			
Informed Consent																			
Explain Tele Rehab																			
Communication Plan																			
Safety Precautions																			
Emergency Plan																			
Each Remote Session																			
Informed Consent																			
Clutter removed																			
No pets																			
Lighting quality																			
Partner present																			
Chair vs wall																			
Walking aid near																			
Footwear check																			
Adverse event protocol reviewed																			

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