

TIPS to Prepare for your **Virtual Physiotherapy** Session: **Infant**



Eastern
Health

Virtual Physiotherapy is in many ways just like a regular appointment, but it uses a phone call or videoconferencing to connect a patient to their physiotherapist. It allows you to use your own technology to have a virtual visit and see, hear, and talk with a physiotherapist in the comfort of your own home.

Technology:

- An e-mail address is required to set up the virtual appointment. You will receive an e-mail with a link to access your virtual appointment.
- You will need access to a device such as a personal computer, tablet, mobile phone that has a camera and a speaker.
- Supported devices include desktop and laptop computers, Android tablets, iPads, Android smart phones and Apple iPhones (version 7 and up).
- Check your Browser. Supported browsers include: (Chrome version 28+, Firefox version 22+, Apple Safari 11.1+ on macOS and iOS, Microsoft Edge version 12+) *Note: **Internet Explorer is not supported.***
- A mobile device may be easier to move around the infant but a laptop can be propped easily.
- You will need secure Internet or WI-Fi connection.
- Ensure your device is fully charged and close all other applications on the device to improve function.
- You may need to limit use of Wi-Fi in other areas of your house during the session.

Information:

- **You will need the child's MCP card ready** to show the physiotherapist at the beginning of the session so that they can positively identify the child.
- Your therapist will be asking questions about pregnancy, birth history, other medical concerns, how your baby is moving their body etc.
- If you have any specific questions for the Physiotherapist you might want to write them down prior to the visit.



Person:

- Have the infant wear only their diaper. This will allow the therapist to have a good view of the infant's body.
- Depending on the body area involved, the therapist may want to see different viewing angles.

Space:

- Choose an area that is well lit, quiet and free of distractions if possible.
- Have an area on the floor where the baby can be seen on their back and belly. A play mat or receiving blanket may work well for this. The therapist may ask to see different angles of the baby to best view the area or movements of the baby.
- Have baby toys available as the therapist may need you to use these to encourage movement.
- It may be helpful to have another person operate the camera or to have something to prop the camera on during the session. Please advise the therapist if another person is in the room with you.

For further information on Virtual Care in Eastern Health please see the following links:

NLCHI: Virtual Care: "I'm a Patient": <https://virtualcarenl.ca/>

Home Based Telehealth questions and answers:

https://www.nlchi.nl.ca/images/Home_Based_Telehealth_QA_Aug8.pdf

If you have any further questions please contact the Physiotherapy Department

