

Psychiatrist, Geriatric Psychiatry and Counseling Psychology

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Geriatric Tele psychiatry: Fade or future!!

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Statement of the Problem: Entire US population is aging. As we have increased number of aging individuals, need for emotional and mental health support is also rising. Several problems have already been identified regarding access to mental health providers. Social, familial, financial constraints also play major role in availability of mental healthcare. New developing field of tele psychiatry has promising outlook for future. Application is being attempted in several different models throughout the country.

Methodology & Theoretical Orientation: Several recent articles have been published discussing pro-cons of tele-application of psychiatry. Psychiatry is a unique branch of medicine that has a potential for being equally effective as in-person session, if done right. There are some pitfalls like unintended HIPPA breach should be carefully managed.

Findings: Tele psychiatry is still in infantile stage. It has lots of potential to be main stream mental healthcare delivery system. Confidentiality and reimbursement are the two major factors that need to be worked out for smooth seamless care delivery.

Conclusion & Significance: Yes, tele psychiatry is a brilliant option to address issues of mental health in geriatric population. In coming years, there will be a clearer picture and it will be emerging with guidelines and protocols for it to be very high standard of care.

Biography

Sejal Mehta, MD MBA has her expertise in evaluation, medication management and passion in improving the health and wellbeing of individuals across the lifespan. Her inquisitive look tele psychiatry has become more focused and intense in recent years. She is invested in creating new pathways for improving healthcare. She is looking at this vastly untouched but much needed service to community at large and elderly in particular. She has weighed positive and not-so-positive aspects of this care model and believes that it has a potential to provide easily accessible services in elderlies needing mental health care addressed.

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