

1. Discuss the benefits and drawbacks to a telehealth visit for this client.

One of the major benefits to this appointment is access. Our mental health system is challenged on access by providing telehealth we can get appointment sooner. Jarrett was just released from the hospital for a psychiatric emergency having suicidal thoughts. The risk of suicide is higher in the post discharge period, part of a safe discharge is having a follow up plan (Schuster et al., 2021). Telehealth also makes it more convenient for Jarrett as he will not have to travel to an appointment, he can be seen in the comfort of his home. Some drawbacks to telehealth include privacy, he lives in a 2- bedroom apartment with 2 other siblings, his mother and step farther. Finding a quite place would be difficult for Jarrett. Technology that can support a telehealth visit is also a concern, does he have internet, does it have the bandwidth to support a video visit? Another draw back is developing a safe space and building a rapport with a doctor is limited via telehealth. Suicidal thoughts can be challenging to open up about and discuss, a video visit does not provide the warmth of personal interaction.

2. Describe how you will set up your workspace for the visit. What is or is not suitable to have in your workspace?

If I was the provider for this case. I would ensure I had a quite environment, free from distractions and other people. I would be dressed in professional clothing and would ensure my background was an office free from clutter. I will need a good microphone, camera and high speed internet to support the visit. I would also ensure I had adequate lighting.

3. Jarrett has access to text, phone, and videoconferencing on his smartphone. Discuss which technology you would recommend for the visit and why? Discuss how you will support Jarrett in preparing for the visit.

I would utilize all of these options for this visit. I would send a text or email whichever he preferred with the appointment reminder, video link and instructions. The actual visit I would want to be videoconferencing. Being able to see Jarrett would allow me to assess the nonverbal body language he is displaying as well as assess his personal hygiene. All of these are good indicators into the mental health of a individual.

4. Describe how you will obtain consent. Who must consent to treatment?

Healthcare organizations do this in different ways. I currently am doing my preceptorship with Kaiser, and they have a telemedicine app built into the online portal for the individual. Through this portal consent is obtained prior to the video visit. Other options would be to use DocuSign, WhatsApp or e-signature (Mondal et al., 2020). He is only 16 so it is best to get parents consent along with Jarrett's consent prior to this visit.

5. Discuss how you will assess the impact of the social determinants of health on Jarrett's treatment plan.