<h1 style="text-align:center">CME Course on Telepsychiatry: Competencies and Challenges</h1>

Course audience: The course is aimed at psychiatrists, psychologists and other professionals working in public health, mental health and general health facilities.

Description: Telepsychiatry (TP) is the documented e-Mental Health application. It is the use of videoconferencing in provision of mental health services at a distance. TP interventions increase access to mental health care, result in quality of care equivalent to in-person care, and sometimes reduce costs. It has been used with a variety of models of care with equally positive outcomes. Clinicians may use TP in private practice, community, government, academic and other settings with a wide range of populations (e.g., child/adolescent, geriatric, forensic, transcultural, primary care patients etc).

This course will provide participants with skills necessary to use telepsychiatry in order to provide the high qualified services on distance to a wide range of patient populations.
The goals of this course are to:

- Review evidence-based TP clinical interventions.
- Provide an opportunity to learn how to set up a standardized TP service:
  a) at the public (mental) health care institution(s)
  b) at patients own home

The faculty of the course will provide: a historical overview of the use of TP; describe context necessary for the application of TP; refer to pittfalls in the use of TP and show how to avoid them in the different utilizations of TP (for detailed outline see below.

Educational intentions / Course outcomes:
After the course the participants will be able to:
- Combine in-person care with care provided using TP
- Assess and deal with privacy and other regulatory challenges realted to TP services
- Access existing competency sets to acquire skills, knowledge and attitudes needed for a successful application of TP
- Apply TP in general practice, and in inpatient and outpatient mental health services privat and public, respectively

Prerequisite knowledge required from participants to attend the course:
Reading the suggested articles.

Teaching methods: regular and interactive:
1. Poll of needs of the audience.
2. Didactic lectures
3. Discussion of Case-based examples
4. Discussion
5. Questions and answers.

Course time: 3 hours

<h3 align="center">Outline of the CME Course on Telepsychiatry</h3>

Part 1.

a) Telepsychiatry (TP) background: Historical Review
 b) Applications of TP, Reliability and Attitudes
c) Advantages vs Disadvantages of TP

Part 2.

 a) **How to set up a standardized TP service** (stand alone video equipment vs videoplatforms on mobile devices; the room design; development of a protocol; ethical considerations;)

b) **Specific populations and settings**
-clinically supervised settings and applications i.e. primary care (shared-care model); inpatient TP; substance use; geriatric; child and adolescent; transcultural TP;)
-clinicaly unsupervised settings i.e. Home TP

c) **Legal and regulatory issues**: informed consent, privacy, and confidentiality; Licensure regulations; International Collaborative Network; Recruiting Issues related to shortage of psychiatrists.

Part 3.

TP evidence base and best practices

 a) **Specific domains of TP competency**: Pre-session preparation and framing; Communication adjustments: "How to Do" remote clinical examination; How to communicate via video in general; Pitfalls related to remote assessment and how to avoid it; Using the communication and technology competencies to help clinicians engage, develop and enhance the doctor-patient therapeutic relationship;
b) Evaluation of TP services
c) Research areas and the future of TP

Q&A: Reflection, Questions, Discussion

List of recommended readings :

Telepsychiatry:
1. Hilty DM, Ferrer D, Callahan EJ, et al (2013) The effectiveness of telemental health: A 2013 review. *Tel J e-Health* 19(6):444-54.

2. *WPA Telepsychiatry Global Guidelines*, 2021. *Available at:* https://3ba346de-fde6-473f-b1da 536498661f9c.filesusr.com/ugd/e172f3_19ce700c2a1f484b98efdcaf02c3c6ff.pdf

3. Shore J.H. , Yellowlees P, Caudill, R. et al. Best Practices in Videoconferencing-Based Telemental Health April 2018 . *Telemedicine and e-Health , Vol. 24, No. 11., 2018.*

4. Mucic D : "Transcultural telepsychiatry and its impact on patient satisfaction". *Journal of Telemedicine and Telecare 2010; 16: 237–242*

5. Mucic D : "International Telepsychiatry, patient acceptability study". *Journal of Telemedicine and Telecare. 14:241-243, 2008.*

Education/competencies
1. Hilty DM, Crawford A, Teshima J, et al. A framework for telepsychiatric training and e-health: competency-based education, evaluation and implications. *Int Rev Psychiatry 27(6):569-92. 2015.*

2. Mucic D. Training in Telepsychiatry. In: Edmond H. Pi, Tan Chay Hoon and Marc H.M. Hermans (Eds). Mental Health and Illness Worldwide. Education about Mental Health and Illness , *Springer publisher, 2018.*

3. Crawford, Allison, Nadiya Sunderji et al. Defining competencies for the practice of telepsychiatry through an assessment of resident learning needs. *BMC Medical Education 16 (1),2016.*

4. Hilty DM, Zalpuri I, Stubbe D, et al. Social media/networking as part of e-behavioral health and psychiatric education: Competencies, teaching methods, and implications. *J Tech Behav Sci 2018; 3(4): 268-93.*

5. Hilty DM, Chan S, Torous J, et al. A framework for competencies for the use of mobile technologies in psychiatry and medicine. *JMIR Uhealth Mob Health 2020; 8(2)* http://mhealth.jmir.org/2020/2/e12229/.