

4. Bölüm

Psikiyatride Teletıp Uygulamaları

Betül Kurttes GÜRSOY¹
Nihan ÇAKALOĞULLARI²

GİRİŞ

Teknolojinin hızla gelişmesinin bir yansıması olarak günümüzde teletıp kullanımı giderek yaygınlaşmaktadır. Telepsikiyatri hizmetini kullanan birey sayısının her geçen gün daha da artması bizlere telepsikiyatrinin psikiyatrik hizmetler arasında çok çabuk yer edindiğini göstermektedir. Artan talebe yanıt olarak hizmet alanı da giderek artmaktadır. Telepsikiyatri hizmeti sadece online terapi aracı olarak değil aynı zamanda acil danışmanlık, adli amaçlı değerlendirme ve konsültasyon amaçlı da sıklıkla kullanılmaktadır.

TELEPSİKİYATRİ NEDİR?

Bireysel yaşantıların önemli ve sürekli değişkenlik gösteren bir parçası olarak pek çok bilim dalı ve uygulama alanında karşılık bulan bir kavram olarak teknoloji, ruh sağlığı alanında da son yıllarda giderek artan şekilde kendine yer bulmaktadır. Telepsikiyatri kelime anlamı ile teletıbbın psikiyatri alanına uyarlanmış biçimi olup, iletişim teknolojilerini kullanarak temel ruh sağlığı hizmet bakımı sunma uygulamasıdır (1). Sağlık hizmeti sağlayıcıları ile hastalar arasındaki uzak bağlantı; klinik gözlem ve görüşme, değerlendirme, teşhis, ilaç tedavisi düzenlenmesi ve psikoterapi için verimli iletişimi mümkün kılmaktadır. Var olan iletişim teknolojileri ile ulaşılabilir ruh sağlığı hizmetlerinden mahrum kesimlere bakım sağlanması ile telepsikiyatrinin önemi ve değeri günden güne artmaktadır. Telepsikiyatrinin pragmatik yanı, sağladığı kolaylıklar, günümüzde yaşanan

¹ Dr. Öğr. Üyesi, Ruh Sağlığı ve Hastalıkları AD., Afyonkarahisar Sağlık Bilimleri Üniversitesi Tıp Fakültesi, betul.gursoy@afsu.edu.tr

² Uzm. Adli Psikolog, Karşıyaka Adli Destek ve Mağdur Hizmetleri Müdürlüğü, psy.nihancakal@gmail.com

KAYNAKÇA

1. Bal U, Yilmaz E, Tamam L, et al. Telepsychiatry: Now and Here! *Psikiyatr. Guncel Yaklasimler - Curr. Approaches Psychiatry* 7, 1 (2015).
2. Wittson CL, Benschoter R. Two-way television: helping the Medical Center reach out. *Am. J. Psychiatry* 129, 624–7 (1972).
3. Godleski L, Darkins A, Peters, J. Outcomes of 98,609 U.S. Department of Veterans Affairs patients enrolled in telemental health services, 2006–2010. *Psychiatr. Serv.* 63, 383–5 (2012).
4. Dwyer TF. Telepsychiatry: psychiatric consultation by interactive television. *Am. J. Psychiatry* 30, 865–9 (1973). doi: 10.1176/ajp.130.8.865
5. Straker N, Mostyn P, Marshall C. The use of two way TV in bringing mental health services to the inner city. *Am. J. Psychiatry* 133, 1202–5 (1976).
6. Myers K, Cain S. Practice parameter for telepsychiatry with children and adolescents. *J. Am. Acad. Child Adolesc. Psychiatry* 47, 1468–83 (2008).
7. Hilty DM, Ferrer DC, Parish MB, et al. The effectiveness of telemental health: A 2013 review. *Telemed. e-Health* 19, 444–54 (2013). doi: 10.1089/tmj.2013.0075
8. Norman S. The use of telemedicine in psychiatry. *J. Psychiatr. Ment. Health Nurs.* 13, 771–7 (2006).
9. Maritz J, Holroyd S. Characteristics of telephone calls in a psychiatric outpatient practice. *J. Psychiatr. Pract.* 12, 195–9 (2006).
10. Deen TL, Godleski L, Fortney JC. A description of Telemental Health Services provided by the Veterans Health Administration in 2006–2010. *Psychiatr. Serv.* 63, 1131–3 (2012).
11. Jee-Bahloul H, Moustafa MK, Shebl FM, et al. Pilot Assessment and Survey of Syrian Refugees' Psychological Stress and Openness to Referral for Telepsychiatry (PASSPORT Study). *Telemed. e-Health* 20, 977–9 (2014).
12. Mucic D. International telepsychiatry: A study of patient acceptability. *J. Telemed. Telecare* 14, 241–3 (2008). doi: 10.1258/jtt.2008.080301.
13. Mair F, Whitten P. Systematic review of studies of patient satisfaction with telemedicine. *Br. Med. J.* 320, 1517–20 (2000).
14. Rabinowitz T, Murphy KM, Amour JL, et al. Benefits of a telepsychiatry consultation service for rural nursing home residents. *Telemed. e-Health* 16, 34–40 (2010).
15. Shore JH, Manson SM. A developmental model for rural telepsychiatry. *Psychiatr. Serv.* 56, 976–80 (2005).
16. Modai I, Jabarin M, Kurs R, et al. Cost effectiveness, safety, and satisfaction with video telepsychiatry versus face-to-face care in ambulatory settings. *Telemed. J. e-Health* 12, 515–20 (2006).
17. Reinhardt I, Gouzoulis-Mayfrank E, Zielasek J. Use of Telepsychiatry in Emergency and Crisis Intervention: Current Evidence. *Curr. Psychiatry Rep.* 21, 63 (2019).

18. Southard EP, Neufeld JD, Laws S. Telemental health evaluations enhance access and efficiency in a critical access hospital emergency department. *Telemed. e-Health* 20, 664–8 (2014). doi: 10.1089/tmj.2013.0257
19. Donley E, McClaren A, Jones R, et al. Evaluation and Implementation of a Telepsychiatry Trial in the Emergency Department of a Metropolitan Public Hospital. *J. Technol. Hum. Serv.* 35, 292–313 (2017).
20. Trondsen MV, Bolle SR, Stensland GØ, et al. Video-confidence: A qualitative exploration of videoconferencing for psychiatric emergencies. *BMC Health Serv. Res.* 14, 544 (2014).
21. Lufkin T. A telepsychiatry solution for rural eastern Texas. *Burke Center Mental Health Emergency Center, Lufkin, Texas. Psychiatr. Serv.* 62, 1384–6 (2011).
22. Turgoose D, Ashwick R, Murphy D. Systematic review of lessons learned from delivering tele-therapy to veterans with post-traumatic stress disorder. *J. Telemed. Telecare* 24, 575–85 (2018).
23. Gilmore AK, Ward-Ciesielski EF. Perceived risks and use of psychotherapy via telemedicine for patients at risk for suicide. *J. Telemed. Telecare* 25, 59–63 (2019). doi: 10.1177/1357633X17735559
24. Augusterfer EF, Mollica RF, Lavelle J. A review of telemental health in international and post-disaster settings. *Int. Rev. Psychiatry* 27, 540–6 (2015).
25. Kuhn E, van der Meer C, Owen JE, et al. PTSD Coach around the world. *mHealth* 4, 15 (2018).
26. Hungerbuehler I, Valiengo L, Loch AA, et al. Home-Based Psychiatric Outpatient Care Through Videoconferencing for Depression: A Randomized Controlled Follow-Up Trial. *JMIR Ment. Heal.* 3, 36 (2016).
27. Shulman M, John M, Kane JM. Home-based outpatient telepsychiatry to improve adherence with treatment appointments: A pilot study. *Psychiatr. Serv.* 68, 743–6 (2017).
28. Gentry MT, Lapid MI, Rummans TA. Geriatric Telepsychiatry: Systematic Review and Policy Considerations. *Am. J. Geriatr. Psychiatry* 27, 109–27 (2019).
29. Deslich SA, Thistlethwaite T, Coustasse A. Telepsychiatry in correctional facilities: using technology to improve access and decrease costs of mental health care in underserved populations. *Perm. J.* 17, 80–6 (2013).
30. Chakrabarti S. Usefulness of telepsychiatry: A critical evaluation of videoconferencing-based approaches. *World J. Psychiatry* 5, 286–304 (2015).
31. Khalifa N, Saleem Y, Stankard P. The use of telepsychiatry within forensic practice: A literature review on the use of videolink. *J. Forensic Psychiatry Psychol.* 19, 2–13 (2008).
32. Pereira B, Cintra P, Vieira F, et al. Forensic telepsychiatry in Portugal: a few reflections. *Acta Med Port* 24, 595–602 (2011).
33. Servis ME, Hilty DM. Psychiatry and primary care: New directions in education. *Harv. Rev. Psychiatry* 8, 206–9 (2000).
34. Butler TN, Yellowlees P. Cost analysis of store-and-forward telepsychiatry as a consultation model for primary care. *Telemed. e-Health* 18, 74–7 (2012).
35. Chan S, Parish M, Yellowlees P. Telepsychiatry Today. *Curr. Psychiatry Rep.* 17, 89 (2015).

36. Deslich S, Stec B, Tomblin S, et al. Telepsychiatry in the 21(st) century: transforming healthcare with technology. *Perspect. Health Inf. Manag.* 10, 1f (2013).
37. O'Reilly R, Bishop J, Maddox K, et al. Is telepsychiatry equivalent to face-to-face psychiatry? Results from a randomized controlled equivalence trial. *Psychiatr. Serv.* 58, 836–43 (2007).
38. Christensen LE, Moller AM, Hansen JP, et al. Patients' and providers' experiences with video consultations used in the treatment of older patients with unipolar depression: A systematic review. *J. Psychiatr. Ment. Health Nurs.* 27, 258–71 (2020).
39. Hilty DM, Luo JS, Morache C, et al. Telepsychiatry: An overview for psychiatrists. *CNS Drugs* 16, 527–48 (2002).
40. Simpson J, Doze S, Urness D, et al. Telepsychiatry as a routine service -the perspective of the patient. *J. Telemed. Telecare* 7, 155–60 (2001).
41. APA Council on Psychiatry & Law. Resource Document on Telepsychiatry and Related Technologies in Clinical Psychiatry. (2014).