

A guide to the telemedicine consultation for your foot or ankle condition.



A patients guide to the telemedicine consultation for your foot or ankle condition.

Ensure that you are in a private place and that your conversation cannot be overheard by others. Your privacy is important!

Recommended devices:

A portable laptop is ideal for your telehealth consultation as it very stable and the camera can easily be tilted as needed. A mobile phone can also be used, it might help having an assistant or family member to hold the phone; if no one is available you can use a makeshift stand resting the phone or tablet the back of a chair or wedging it in a polystyrene box if you have one available.

Clothing:

Your doctor will need to look closely at your ankles and feet. Before your telemedicine consultation make sure the both of your ankles, your feet and your knees are visible. It's a good idea to wear a pair of shorts that end 3 inches above your knee, make sure that your shoes and socks are removed! It is important that both legs are exposed so that both sides can be compared by your doctor.

Lighting:

One of the problems that your doctor may have is that the live pictures are very dim and it's difficult to have a clear view of your ankles and feet on the screen. Try to make sure that the doctor has the best possible view, make sure that the brightest lighting is behind the camera and not behind you; if the room is dim if you can switch on some bright lights behind the camera this will help provide a much clearer view on your device.

Positioning in front of the camera:

Start in a seated position with the camera at about the level of your face. You will need to reposition this camera depending on which body part the doctor needs to view.

If you are asked to stand then try and position the camera at about shin level and he will need to stand back from the camera so that it has an adequate view of your legs, make sure that your knees and your feet are all visible on the screen. The doctor is likely to ask you to walk and it is helpful to have about 10 feet of space to be able to walk in front of the camera.

The doctor will also want to have an downwards view of your feet for which you will need to hold the laptop or camera in your hands pointing to show your feet.

It is likely that the doctor will need to examine you in a seated position, it is best if you are sitting on a relatively high chair so that the foot is easily lifted off the ground, and again check that the image shows clearly your shin and your foot. The best positioning for the camera here is with the laptop on a low table or chair with the camera at about shin level.

Finally....

Most people aren't used to having a consultation with a doctor over a computer screen, and it's really helpful if you might try the positioning of the camera on your phone or laptop prior to the consultation so that you are happy with the placement of the device for the different views that your doctor might ask you to show them.

If you can locate specific areas of pain or swelling, take a bit of time to work out where the main problems are and mark these with a simple felt tip pen.

We hope these simple tips will help you get the most out of your telemedicine consultation!