



# Virtual Care Doctor Appointments

## Checklist



Barth Syndrome  
Foundation



## Electronics and Browser Capability

Conduct equipment and systems inventory in advance of the appointment.

- Webcam or webcam-enabled computer
- Smartphone, tablet, or computer
- Speakers, microphone or headset with microphone
- Browser and system compatibility



## Communication

Determine how you will communicate with the doctor.

- Email, text, or phone
- Electronic Health Portal



## Homework

Prepare the information you might need during the appointment, and submit forms in advance.

- Health questionnaires, a brief description of Barth syndrome
- Insurance information and photo identification
- List of current medications or medication changes since the last visit, personal health history



## Day of Appointment

Conduct systems check and make sure everything is plugged in and working properly.

- Audio (headset, speakers, and microphone)
- The device you will be using is fully charged
- Locate troubleshooting link to reference if you need it
- Have a backup telephone number to call if the video doesn't work



## Bring a Buddy

Invite a partner, caregiver, trusted friend, or family to help you prepare for the appointment and to be present during the appointment.

- Tell doctors staff if someone else will be joining you for your appointment
- Ask a buddy to help prepare questions and help you prepare for the appointment
- Ask a buddy to help remind you about symptoms or details you may have forgotten.
- Share details about how to join the call with your buddy



## Your Virtual Appointment Experience

To make the most of your appointment, conduct a final check about 15 minutes before the appointment.

- Close computer windows and programs not being used for the appointment
- Mute yourself when you are not talking
- Be in a well lit, quiet area without distractions with reliable internet



## When Is Virtual Care Not an Option?

The doctor will likely wish to evaluate you in person if you experience a sudden onset or worsening of symptoms that would suggest an emergency or caused by traumatic injury.

- Heart problems such as chest pain, heart palpitations, racing of the heart, passing out
- Breathing problems such as shortness of breath, coughing, wheezing, coarse breath sounds
- Central nervous system issues such as loss of vision or hearing, weakness or numbness
- Signs of infection such as pain, tenderness, or swelling, abnormally high or low temperature
- Prolonged diarrhea or vomiting

To learn more, visit us at [www.barthysyndrome.org](http://www.barthysyndrome.org)