**[Leilanie Baca](https://ashford.instructure.com/courses/84559/users/64024" \o "Author's name) post to week 4 discussion 1**

Traditional healthcare services have always been done face to face and one on one with the patient and the healthcare provider. Up until recently with the pandemic we have all had to do things differently, and this includes office visits. The advancement of technology has allowed us to communicate with   health care providers are able easily and virtually without requiring face-to-face encounters. By using telehealth, it can decrease the cost of patients and the providers by increasing coverage, especially reaching those in rural areas, older adults, veterans and those adjudicated by the courts (Gros et al, 2013). A study was done on individuals suffering from disorders such as anxiety, panic attacks, OCD, bulimia, anorexia, PTSD etc. And this study showed that telehealth was effective as well as convenient for these individuals. It was shown that these services have received preliminary support in the literature for clinical effectiveness, cost effectiveness, patient and provider acceptance, and safety, with additional largescale ongoing non-inferiority studies (Egede et al. 2009). "Although some minor obstacles were identified during the initial development and investigation of these practices, most of these concerns likely will improve with increased acceptability of telehealth technologies among patients, providers, and administrators. Together, these findings provide support for the effectiveness and continued growth of the use of telehealth technologies to provide EBPs" (Gros et al, 2013).

There are some limitations on telehealth such as the licensing boards, which are conservative and are focused to protect the consumers within the state in which they are licensed (Harris & Younggren, 2011). Some practitioners who use telehealth may be questioned by their ethics or legal stand point. According to Harris and Younggren (2011), One of the most significant issues affecting the future of electronic practice is who gets to regulate the provision of professional services when the practitioner, in the state where he or she is licensed, provides services to an individual in another state where the practitioner is not licensed. Legal regulation of transactions has traditionally been based on the geographic location of the transaction. Electronic transactions, however, do not have a geographic location as they occur in cyberspace. To determine who gets to regulate the transaction and how it is regulated, the legislatures and courts have to decide where the transaction is occurring from a regulatory perspective". Due to the fact that there are rules and regulations in place to protect they consumer, they want to keep their practices conservative and traditional.

In my week one Creating a Specialist Website interactive assignment, my practice was based out of Las Vegas, Nevada, which is a very big populated area. Telehealth or video treatment would not be justified within my practice because my offices are easily assessable, especially with the area and transportation of Las Vegas. Based on the fact that my practice works with children, adults, couples and elderly, ethical issues such as confidentiality would also be compromised i telehealth. The only way around these issues would be a world wide emergency, such as the covid-19 pandemic.

As convenient as telehealth is to people who work full time, go to school, elderly, rural areas, etc., one major concern I have, and others will also have is the confidentiality factor and HIPPA law and right for the patient. There would need to be some sort of technology that would ensure no laws or ethics are broken while using telehealth.

Egede, L. E., Frueh, B. C., Richardson, L. K., Acierno, R., Mauldin, P. D., Knapp, R. G., et al. (2009). Rationale and design: telepsychology service delivery for depressed elderly veterans. Trials, 10, 1–14.

Gros, D. F., Morland, L. A., Greene, C. J., Acierno, R., Strachan, M., Egede, L. E., ... & Frueh, B. C. (2013). [Delivery of evidence-based psychotherapy via video telehealth](https://ashford.instructure.com/courses/84559/external_tools/retrieve?display=borderless&url=https%3A%2F%2Flibrary.ashford.edu%2FAccount%2FLtiLogin.aspx%3Fcustom_redirectresource%3Dhttps%3A%2F%2Flibrary.ashford.edu%2Fezproxy.aspx%3Furl%3Dhttp%253A%2F%2Fsearch.proquest.com%2Fdocview%2F1448981762%3Faccountid%3D32521). Journal of Psychopathology and Behavioral Assessment, 35(4), 506. doi:10.1007/s10862-013-9363-4

Harris, E., & Younggren, J. N. (2011). [Risk management in the digital world](https://ashford.instructure.com/courses/84559/external_tools/retrieve?display=borderless&url=https%3A%2F%2Flibrary.ashford.edu%2FAccount%2FLtiLogin.aspx%3Fcustom_redirectresource%3Dhttps%3A%2F%2Flibrary.ashford.edu%2Fezproxy.aspx%3Furl%3Dhttp%253A%2F%2Fsearch.ebscohost.com%2Flogin.aspx%3Fdirect%3Dtrue%252526AuthType%3Dip%2Ccpid%252526custid%3Ds8856897%252526db%3Dpdh%252526AN%3D2011-25153-001%252526site%3Dehost-live). Professional Psychology: Research and Practice, 42(6), 412-418. doi:10.1037/a0025139