

HoCo Peds Virtual Medicine Visit Tips

Here are some additional things that will help make your visit more efficient.

*Use of a smartphone provides the best connection due to the quality of the camera. Safari browser on iPhones and Chrome browser on Android devices usually are the best.

*Take photos of rashes, injuries, or even mouth/throat lesions with your smartphone. If you are using a computer for the virtual visit, then transfer any photos to that device. This will allow for secure transmission of the photo to us during the visit.

*Have your child with you so we can physically assess her/his appearance. Expose any necessary skin that is showing a rash or unusual markings. If they have any respiratory symptoms, then please make sure their feet and hand are exposed/visible.

*Please position yourself in a well lit room and in front of a blank backspace (like a wall, or light colored curtain). Make sure other children or pets are not around to interfere with what we see or hear on our end.

*Have a flashlight available to help us better see your child's mouth or skin. You can also use the light on your mobile phone if you are logging in via a computer or tablet.

*Have some headphones available to activate in case there is background noise or an audible echo during the microphone transmission.

*Take your child's temperature and weight if they are not feeling well.

*If your child has any nasal or breathing symptoms, please obtain their pulse and respiratory rate.

Heart rate: feel their pulse at their wrist or put your hand to their chest to count their heartbeat. Count for 30 seconds and then multiply by 2 to get a minute rate.
(Can also use FitBit or Heart Rate app on a phone).

Respiratory rate: count their breaths for 30 seconds and multiply by 2 for a minute rate.

As with in-person visits, we always try our best to be on time; however, specific patient needs may result in a delay in starting your visit. Please sign on about 5 min before your appointment and stay connected on your browser until our physician is able to log in.