

## Case In Point



### PROVIDER:

- Lexington Regional Health Center

### LOCATION:

- Lexington, NE

### SIZE:

- 25-bed critical access hospital.

### INSIGHTS:

- Rural healthcare providers struggled to maintain a healthy work-life balance.
- Telehealth proves to be a convenient tool for staff.
- Teledigm Health's Hospitalist Program supplements staffing for late-night patient care.
- Integrating telemedicine delivers quick access to quality care.

### DEPLOYMENTS:

- Gained added efficiencies for patient health.
- Telehealth physician served as nocturnal hospitalist.



Staffing shortages are an exceptional challenge for healthcare organizations, especially rural facilities. Telemedicine offers a unique solution to staffing resources by providing virtual access to physicians.

Dr. Asha Schweitzer of Teledigm Health and Bryan Telemedicine takes on ER cases for Lexington Regional Health Center. Through advanced telehealth technology, Dr. Schweitzer administers expert diagnoses and treatments, assisting both patients and healthcare workers.

### The Service

Teledigm Health physicians serve as nocturnal hospitalists to provide patients immediate access to high-quality care, while removing pressure from doctors.

### The Patient

During his 10-hour shift, Mark felt as if he had pulled muscle in his chest. The pain persisted throughout the work day. Later that evening, he nearly blacked out. At that point, he knew something wasn't right.

Mark woke up his wife, and they drove to the emergency room. Upon presentation to the emergency room, the medical team at Lexington Regional Health Center recommended a virtual consultation with the telemedicine hospitalist physician. Immediately, Mark was connected to Dr. Asha Schweitzer, a Teledigm Health hospitalist. After completing an examination, reviewing his medical history and test results, Dr. Schweitzer promptly admitted Mark for further evaluation and treatment.

### Dr. Schweitzer's Contribution

Dr. Schweitzer also did more than administer care. She also provided essential support for doctors at Lexington Regional Health Center. By consulting with local staff through telemedicine, she was able to alleviate the pressure rural physicians experience every day. Doctors and medical staff at Lexington Regional Health Center put in long days at the clinic. They can treat around 25 patients in a single shift. Then they go to the hospital to perform evening rounds. Prior to integrating Teledigm Health services, doctors were also often awakened in the middle of the night to answer questions about their patients. Working around the clock didn't leave much time for family and negatively impacted doctors' work-life balance.

### The Result

Teledigm Health doctors like Dr. Schweitzer remove some of the responsibilities from rural medical staff. Lexington doctors can now provide exceptional care for patients during the day while enjoying personal time in the evenings.

Nicole, Chief Nursing Officer at Lexington Regional Health Center, says providers and patients like having the option to call in telemedicine specialists.

"Every patient admitted between the hours of 7 p.m. to 7 a.m. have the option of doing the telemedicine admission. Currently we have a 0% refusal rate. Every single patient has agreed to do a telemedicine visit, and we have had so many positive comments of the interactions they've had with those providers."

Since implementing Teledigm Health services, patients at Lexington Regional Health Center receive quality care through the collaboration of local staff and telemedicine physicians.

