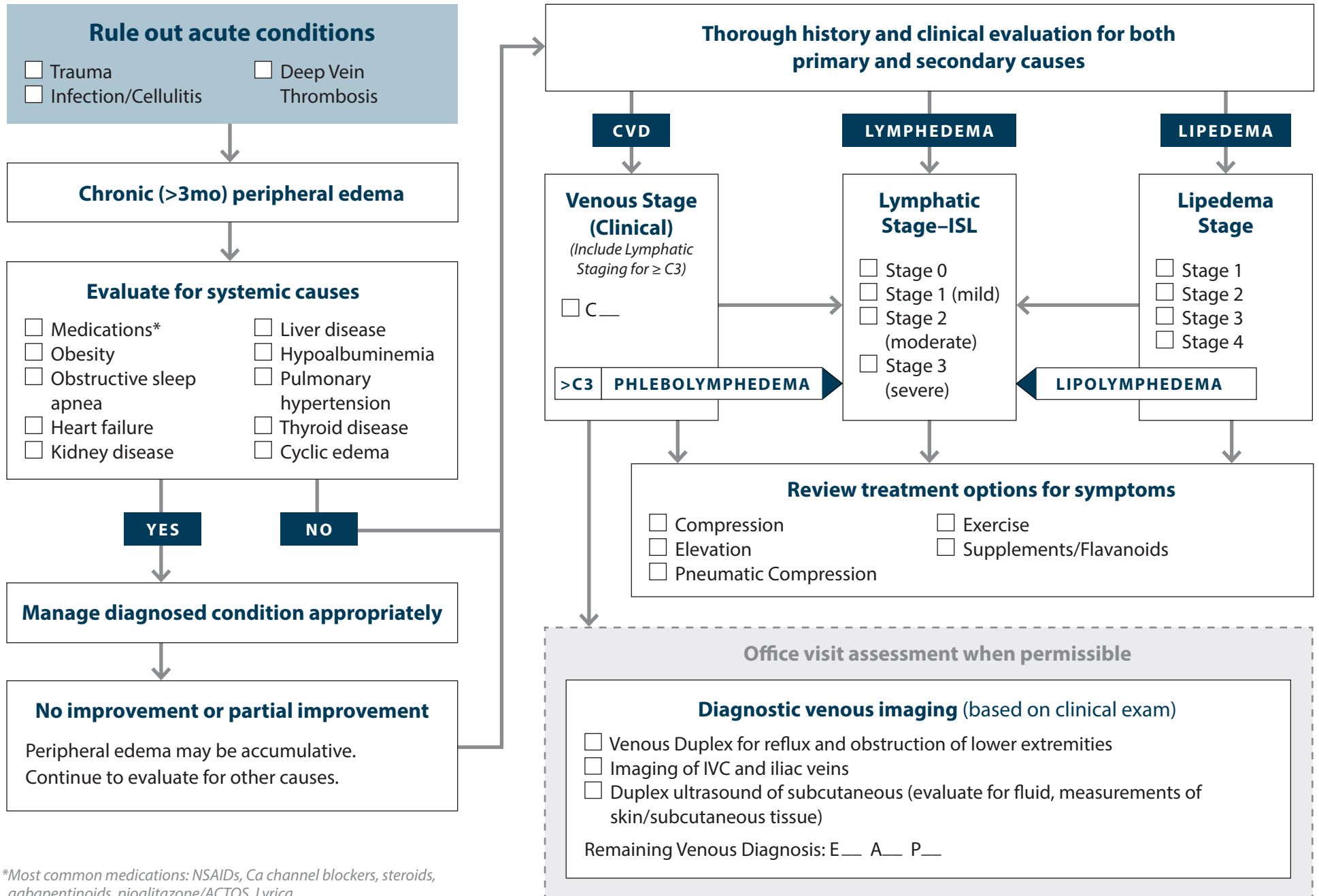


Telemedicine: Diagnostic Algorithm for the Swollen Leg



*Most common medications: NSAIDs, Ca channel blockers, steroids, gabapentinoids, pioglitazone/ACTOS, Lyrica

Preparing for and Utilizing Telemedicine for CVD

1. Prepare the patient in advance

- Patient in well lit area and wearing shorts
- Mobile camera (phone or tablet preferable)
- Care-taker or family member if needed
- Measuring tape if available

2. Engage like an in-person exam

- Be thorough in discussing clinical history:
 - Symptom onset, severity, aggravating/relieving factors etc.
 - Include PMH, PSH and Medications
- Document any treatment (conservative therapy) or recent testing (lab work, ultrasound)
- Physical exam is limited to:
 - Visual inspection of the entire extremity circumferentially including the foot
 - Assessment for edema—by asking patient to gently compress the soft tissue with thumb over both shins

3. Rule out acute conditions requiring in person evaluation

- If DVT is suspected, inquire about or obtain a venous duplex ultrasound

4. Evaluate if you can confidently make an accurate diagnosis without additional screening tools (DUS)

5. Consider staging treatments you can prescribe remotely until you can see the patient in person

- Compression
- Elevation
- Home exercise program
- Pneumatic Compression
- Supplements/Flavanoids