

My Telehealth

Q&A

With *Donna Matlach, DMin*
ASTHMA PATIENT



Q: How is telehealth useful for managing a condition like asthma?

My asthma is so severe that sometimes it can be hard to go places. Triggers can cause my asthma to act up and going to a doctor's appointment usually means facing a threat to my condition. But with telehealth, I can manage my asthma from home.

When I'm having an episode, I don't have to leave my house to see my physician. In the past, I would load my nebulizer,

which helps me inhale my medication, into the car and drive to see my doctor. I was terrified of driving while having an attack, but I had no other choice. More than once I was forced to pull over when my symptoms were so severe I couldn't drive.

With telehealth, I don't have to leave the comfort of my home when I have a severe asthma episode. All my medications and treatment equipment are already here. I can avoid triggers and unsafe conditions while still meeting with my doctor.

Q: What is the difference between your in-person and virtual visits?

Honestly, nothing. With telehealth, they can see me. They can hear me. There's no hiding when I'm wheezing or struggling to breathe. Even through a screen, my health care providers know what to do.

Tel·e·health
noun

**A comfortable,
convenient conversation
with my doctor**

My regular office visits are a conversation with my doctors. So are my virtual visits. I describe what's been going on with my medications and symptoms, and we discuss what's working. In between visits, I'm recording what I'm doing and how it impacts my asthma so my doctor and I can talk about any changes I may need to make.

Q: How do you find a balance between telehealth and in-person care?

While telehealth is wonderful, I still enjoy meeting face-to-face with my physicians. Instead of always meeting in person, now we meet based on my condition, my needs and personal preferences.

During the colder months, telehealth makes it easier to avoid my triggers and the germs of a waiting room. Managing my asthma is less stressful during the summer, so it's easier to visit in person then. My

doctor and I find a balance that both cares for my health and puts as little stress on my asthma as possible.

Q: Why do you like telehealth?

Telehealth is such a blessing for everyone involved! As a patient, I have a quick, personal, direct connection with my doctor. And for health care providers, telehealth saves them time and energy.

I never expected to enjoy telehealth. But when the pandemic hit and I started meeting virtually with my health care providers, I was surprised at how comfortable it was. I love being able to meet with my doctor so easily and receive the same quality of care as I would if I were visiting in person.



PATIENT & PROVIDER
Advocates
for **Telehealth**

“My doctor and I find a balance that puts as little stress on my asthma as possible.”