

Reflection Discussion week 7 NR 548

- **What benefits do you anticipate in offering telepsychiatry to your clients?**
- **What barriers may impact your ability to provide telepsychiatry? What resources are needed to overcome these barriers?**

What benefits do you anticipate in offering telepsychiatry to your clients?

In reflecting on this week's lesson on telepsychiatry, I reflect on all the benefits of telepsychiatry for the underserved population in our communities. Disparities of healthcare access across the country are direct result of poor access to quality healthcare according to Curfman et al. (2022). Furthermore, issues such as geography, educational and socioeconomic factors, access to health insurance, structural racism and discrimination, age, and language barriers have exacerbated the disparities of healthcare access. The Covid-19 pandemic has brought telemedicine and more specifically, telepsychiatry in the forefront of treatment modalities that are here to stay and have resulted in bridging some of the gaps in the disparities of healthcare. There are many benefits of telemedicine and telepsychiatry, according to Smith et al. (2020). Furthermore, it has been said that telepsychiatry are preferable in many areas such as for patients on the autistic spectrum and those with anxiety symptoms. Finally, due to the convenience of telemedicine and telepsychiatry, I believe more people will obtain access to care due to the convenience of digital technologies involved in telemedicine and telepsychiatry.

What barriers may impact your ability to provide telepsychiatry? What resources are needed to overcome these barriers?

Although there are many benefits to telepsychiatry there are also concerns and barriers that may impact our ability to provide telepsychiatry. Some of the barriers are from the clinician standpoint and many other concerns arise from the patient safety point of view. According to Cowan et al. (2019), some practitioners are apprehensive and uncomfortable with the use of digital technologies at first until they become familiar with the technology. Furthermore, issues such as safety in case of emergency is a major concern for telepsychiatry. Other factors and