Digital Cognitive Rehab Therapy

Telepractice for your patients

With teletherapy, patients can practice with HeadApp (a program for digital cognitive rehabilitation therapy) under supervision from a therapist but without physical contact. This also means training outside of set appointments, e.g. at home or on a publicly accessible PC. A lot of rehabilitation clinics already have patients training with a tablet in the patients' rooms. Both the tasks and the results are monitored digitally by therapists.

Teletherapy increases the frequency of training and thus its effectiveness; therefore it can be used to supplement a wide range of treatments.

To use teletherapy, you need
a) as a patient - a license for HeadApp Home Online
b) as the supervising institution - a license for HeadApp with the option "self-training"

In light of the present Corona crisis, HeadApp provides licenses for both home training and self-training options free of charge until May 31, 2020.

What options does teletherapy offer?

With HeadApp, patients can practice unsupervised according to their therapist's instructions. The therapist decides which training programs should be used. HeadApp automatically saves the results of all exercises that the patient carries out without supervision. In HeadApp Professional, the frequency and duration of each session as well as the patient's results are available to the therapist.

HeadApp can be installed on a desktop PC or laptop (Windows or Mac), or as an app (Android tablet or iPad).
The simplest way to start is to open HeadApp directly in your web browser.
The program does not need to be installed, simply go to start.headapp.com.
(In some facilities IT department restricts web access via a firewall.
If HeadApp does not start, ask your IT department to contact us.)

Establish a connection between patient and therapist

In order for teletherapy to work, a connection between the patient (Home version) and the therapist (Prof. version) must be established.
There are two options:

Option 1: The therapist initiates home training for the patient

In order to enable a patient's access to HeadApp, the therapist enters the email and password the patient uses in the Prof. version.

The data is entered in the "Patient data" window.

To open this window click the buttons next to the patient list
"New" (for a new patient) or
"Edit" (for an existing patient).

After clicking "Continue", the patient can use this data to log in in the home version.

This option is used if the patient has registered with HeadApp himself without receiving the login information from a therapist (option 1).
In this case, the therapist can add the patient to his patient list using the "Add email" button.

A window appears in which the patient's email address and ID can be entered. Attention! To ensure data privacy, the patient ID is not the patient's password. To view patient ID in the professional version, the patient can log in to HeadApp on the therapist's PC using his email and password. The ID can be found on the first screen.

How can the therapist control which training programs a patient should (not) work with?

By default, all therapy programs are accessible in the home version. The patient can freely choose which ones he wants to use to train.
However, the therapist can limit the selection.
To do so, click on the "Edit" button next to the patient list.

Then check the box "Limit access to modules" and click on "Modules".

All modules that the patient should not use can be moved to the "inaccessible modules" area.

Decide settings for each training session (e.g. training duration)

Before each training session, a window appears in which the therapist specifies the details for the session.

Example settings for the "Attention and Focus" training

In home training, the session automatically uses the settings that the therapist used during the last training in the facility.
If the therapist wants to prevent the settings from being changed, he can switch off the "Patient is allowed to change parameters" option in the "Patient data" window.
As long as it is not prohibited by the therapist, the patient can change the default settings in the home version.
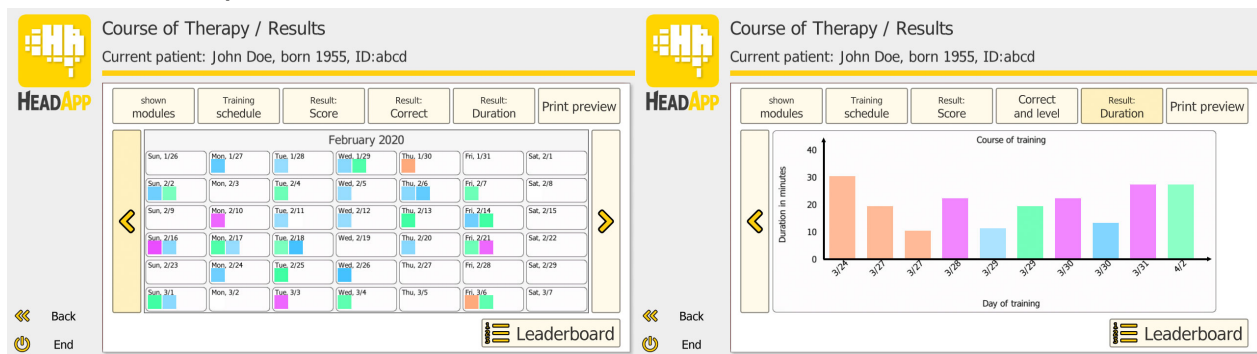
Evaluate the results and course of teletherapy

If the therapist's and patient's programs are linked, the therapist can view the patient's progress at any time. All results are transferred automatically.

The therapist selects the patient he wants to evaluate from his list of patients, then clicks "Continue" on the right. The window with the module selection appears.

The button "Course of therapy / Results" is located on the right. If the therapist clicks on this button, a calendar appears. It provides an overview of the days on which the patient practiced.
Clicking on a calendar entry opens a bar chart with details such as exercise duration, level of difficulty or error rate.

Result view "Calendar"   Result view "Training duration"

The course of therapy can be printed out via the "Print preview" button or saved as a PDF.

Use of teletherapy for unattended training in a clinic

Clinics can provide their patients with a PC or tablet for unattended training (outside of regular therapy appointments).

For this, a HeadApp license with the option "Self-training" is required.
All information about self-training can be found on the website
www.headapp.com/self-training

(All images shown in this document are made with the new HeadApp version to be released in summer 2020.
However, the procedures described for teletherapy are identical to the procedure in the current version.)