Presentation details

**Title**
Feasibility and acceptability of using telehealth for early intervention parent counselling

**Presenter**
Nicole Owen

**Date**
Monday 24 September 2018

**Time**
12.00pm – 1.00pm
(Videoconference line opens ten minutes before presentation)

Delivery of this presentation

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Presentation content

**Objective:**
With the ever increasing technology options, families could access assistance regardless of location. A two year pilot project was conducted with social workers and psychologists using video conference (VC) for parent counselling in child health services across Queensland. The aim was to examine of feasibility and acceptability from the clients’ and clinicians’ experience of the use of VC for counselling.

**Method:**
Parents of young children referred to early intervention parenting support were offered the option of VC intervention. The evaluation included pre and post questionnaires for parents and clinicians measuring their confidence, experience and satisfaction with using VC. Parents also completed the Parents Sense of Competence Questionnaire and a session rating scale after each appointment.
Results:
Clinicians reported significantly increased confidence and skills in using VC for parenting support sessions. Most parents also reported improved parenting satisfaction and feelings of efficacy. Despite half of the parents’ experiencing mild technical issues, most were very satisfied with VC service delivery and was comparable to satisfaction rates of their (F2F) appointments. Although over half the parents received VC sessions only, a majority reported a preference for a hybrid approach combining VC and F2F counselling.

Discussion:
Despite some mild technical challenges, parents and clinicians found the VC system easy to use and effective for counselling. Recommendations for the use of VC in parenting interventions are outlined, including the benefits of a hybrid service delivery model, factors to support a sustainable telehealth counselling service and implications for clinical practice.

Further information
- To join the Allied Health Telehealth Network and receive direct notification of upcoming presentations by email, register at https://www.surveymonkey.com/r/TelehealthNetworkReg2015

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