



**ACADEMY OF MEDICINE
SINGAPORE**



**CHAPTER OF ENDOCRINOLOGISTS
COLLEGE OF PHYSICIANS, SINGAPORE**

SPECIALTY SPECIFIC GUIDANCE

TELEMEDICINE

ENDOCRINOLOGY

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Developed by

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1. Whether first specialists' consultations must be conducted in-person for all conditions, OR if there are specialist conditions which can be managed solely over telemedicine.

First-time specialist consultation should be conducted in-person since endocrine conditions and their complications are associated with multiple clinical signs, which are often challenging to ascertain without physical examinations (e.g. assessing skin-thickness for Cushing's Syndrome).

Subsequent follow-up of selected stable endocrine conditions can be conducted via telemedicine. Examples include hyperlipidemia and diabetes. Nonetheless, serial long-term follow-up of any endocrine condition should not be exclusively conducted via telemedicine. A hybrid of in-person visits and telemedicine will best serve the patients' needs.

2. Whether there are any additional patient inclusion/exclusion criteria for specialists use of telemedicine (for first, or follow-up consults).

Healthcare provider is to assess suitability for teleconsult on individual basis.

The following conditions should be carefully considered before adopting telemedicine:

- Non-stable endocrine conditions
- Extremes of ages
- Complex condition with multiple co-morbidities.

3. If so, are there additional patient notifications to help patients make an informed choice on their use of telemedicine;

- Important pre-requisites for telemedicine will be:
 - (i) adequate competency in self-care management on the part of the patients e.g., self-monitoring of blood pressure and glucose
 - (ii) having a reasonably good idea of what medication, including doses, they are taking
- In addition, having a reliable care-giver/partner will also be advantageous.

4. Whether there are any specialty specific clinical red flags where if observed, specialists should escalate patients for an in-person consultation or A&E where appropriate;

- Unstable endocrine conditions
- Decompensated metabolic (e.g., impending DKA) or hemodynamic status.

5. Whether there are any specific visual cues or other indications (e.g., tests or use of devices) that should be done/used when specialists manage patients over telemedicine.

Patient or caregiver should demonstrate adequate competency in performing home-based monitoring e.g., BP and blood glucose monitoring.

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