



Adult Endocrinology Clinical Telemedicine Consultations

The following is a listing of clinical conditions appropriate for clinical telehealth endocrinology consultations. If you would like to refer a patient with a condition which is not listed below, please send your request with the patient's chart notes to the telehealth coordinator for the specialist's consideration.

Appointment Scheduling:

New: 60 minutes

F/U: 30 minutes

Level of Presenter Required:

None

Video Equipment Required:

Videoconferencing unit

Other Equipment Required:

Stadiometer used for patients with osteoporosis

The following information must be received prior to scheduling an appointment:

1. Telehealth Referral Request Form
2. Recent H&P and all applicable clinical information from patient's chart
3. Condition-specific tests as outlined

The following must be received before the consult begins:

1. Signed NCTP Acknowledgement of Receipt: Notice of Privacy Practices form (new patients only)
2. Documented verbal consent from patient for participation in telehealth consultation ***Patient's home finger-stick blood glucose diary/log must be received before consult begins for all Diabetes consults.***

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Adult Endocrinology

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Tests Prior to consult, if available

Diabetes Mellitus - Type 1 or 2

- 1) Hemoglobin A1C
- 2) TSH, Free T4
- 3) Fasting lipid panel
- 4) Spot urine microalbumin to urine creatinine ratio
- 5) 24-hour urine microalbumin & 24-hour urine creatinine if spot test (see above) is elevated.
- 6) Results of dilated retinal exam
- 7) Results of 10 gram monofilament testing of feet
- 8) Finger-stick blood glucose diary/log

Hypoglycemia

- 1) Chem 7

Hypoglycemia Unawareness

- 1) Finger-stick glucose diary result

Thyroid disorders

- 1) TSH, Free T4
- 2) I-123 or I-131 thyroid uptake & scan reports/images**
- 3) Thyroid ultrasound report/images**
- 4) CT scan or other imaging reports/images
- 5) Thyroid cancer patients: (in addition to above) Thyroglobulin & Anti-thyroglobulin antibody levels, surgical pathology report & I-131 treatment / whole body scan reports

Pituitary disorders

- 1) TSH, Free T4
- 2) Prolactin
- 3) IGF-1 (Insulin-like Growth Factor -1)
- 4) LH & total testosterone (male patient)
- 5) FSH & estradiol (female patient)

- 6) 8 am serum cortisol level with ACTH level
- 7) Urine specific gravity if suspect diabetes insipidus
- 8) Pituitary MRI reports/images

Adrenal disorders

- 1) No specific testing before consult

Hypogonadism

- 1) Male patient: LH, total testosterone, prolactin, any available imaging
- 2) Female patient: FSH, TSH, estradiol, prolactin, any available imaging

Osteoporosis

- 1) DXA Scan Report & Images
- 2) Complete chemistry panel with calcium
- 3) 25-hydroxy Vitamin D level
- 4) 24-hour urine Calcium & Creatinine collection results
- 5) X-ray/Images of Spine/Hip (if indicated)

Hypercalcemia

- 1) Basic chemistry panel with calcium & albumin
- 2) Intact PTH level
- 3) 25-hydroxy Vitamin D level
- 4) Sestamibi scan of parathyroid glands

Hypocalcemia

- 1) Basic chemistry panel with calcium, albumin, phosphorus & magnesium levels
- 2) Intact PTH level
- 3) 25-hydroxy Vitamin D level

PCOS

- 1) Basic chemistry panel- fasting
- 2) Lipid panel- fasting
- 3) Fasting bioavailable testosterone level
- 4) Fasting insulin level
- 5) DHEA-S level
- 6) 17-Hydroxyprogesterone level