

Positioning for video appointments



- Try to find somewhere quiet where you will not be interrupted.
- The room needs to be well lit with either natural light or artificial lighting.
- Avoid direct sun light or bright spot lights on the face.
- If holding a device it needs to be at arms length to enable the Clinician to have a full view of the face.

- Getting too close to the screen will mean that your Clinician cannot see you properly and it is important that they can see you for the appointment.
- For some people, especially those having longer appointments, this isn't a very comfortable position but it can work for a quick chat.



Positioning for video appointments

- A laptop can make it easier to take part in a video appointment as you can adjust the angle of the screen. The larger screen means you will find it easier to position yourself for the camera.
- For mobile devices it's a good idea is to prop the device up against a solid object.
- For a small device, such as a smartphone, you can make a temporary stand from an old egg box.
- You could also use books, boxes, a heavy tin or a lamp.



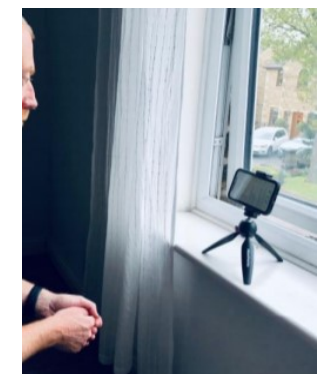
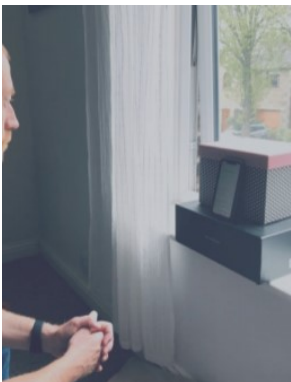
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Ensure the device is approximately two feet away from your face to enable a clear view for the Clinician.

These examples show the user positioned in well lit areas so that their faces are well lit.

It might be an idea to have a practice with a friend or relative before your appointment.

If you don't have a laptop or if you are struggling with propping your device up, it might be worth trying a small tripod which keeps the device steady and prevents it from falling over.



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- Younger patients might find it easier to kneel or sit to position themselves in front of the device, which can be propped up on a small table or footstall.
- A parent or carer can be in the room as well.
- Some appointments might require extra space, your Clinician might ask to see you move a part of your body in a physiotherapy appointment for example.
- Ensure you have some room around you, but are still visible on the screen. You can check this by looking at the self view on the screen to see if you are clear and in view.

