**Practicing in a Pandemic: A Clinician’s Guide to Remote Neurological Care**

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**Appendix e-1:** Remote normal neurological exam template, General

**Appendix e-2:** Remote normal neurological exam template, Cognitive

**Appendix e-3:** Remote normal neurological exam template, Movement disorders

**Appendix e-4:** Remote normal neurological exam template, Neuromuscular

**Appendix e-5:** Remote normal neurological exam template, Neuro-ophthalmology

**Appendix e-1:** Remote normal neurological exam template, General

**Remote Examination**

*Exam performed using real-time audio-video software*

**General:** Pleasant and sitting comfortably

**Pulm:** Breathing comfortably

**Skin:** No skin changes visible in camera window.

**Neurological Examination:**

**MS:** Alert and interactive. Language grossly intact. Fully oriented.

**CN:** Ocular versions full and conjugate. Pursuits are smooth when patient follows \*\*\* own finger. Symmetric facial sensation to light touch by the patient's own finger. Face symmetric. No dysarthria. Symmetric shoulder shrug. Tongue midline.

**Motor:** Bulk grossly normal in arms and legs. No pronator drift. Functional strength testing demonstrates \*\*\*. Normal spontaneous movements. No evident tremor or other abnormal movements.

**Sensory:** Intact and symmetric sensation to light touch by the patient's self-assessment of hands, arms, feet, and legs. Able to accurately touch nose with index finger with eyes closed bilaterally. Romberg negative.

**Coordination:** Camera to nose testing normal without dysmetria. Heel to shin normal bilaterally

**Gait:**  Gait is narrow based with normal stride length and arm swing. Stable on standing and turns. Able to perform tandem gait.

**Appendix e-2:** Remote normal neurological exam template, Cognitive

**Remote Examination**

*Exam performed using real-time audio-video software*

\*\*\* present with patient and provided assistance with \*\*\*

**General:** Pleasant and sitting comfortably

**Pulm:** Breathing comfortably

**Skin:** No skin changes visible in camera window.

**Neurological Examination:**

**Mental Status:**

Orientation: Alert and interactive. Fully oriented.

Language: Intact fluency, comprehension, naming, repetition, reading and writing.

Affect: \*\*\*. No pseudobulbar affect.

Additional testing: Normal praxis with patient able to mime \*\*\* and perform Luria sequence. \*\*\*

Formal cognitive testing: Remote \*\*\* performed with \*\*\* adaptations, score \*\*\*/\*\*\*.

Behavioral observations: \*\*\*

**CN:** Ocular versions full and conjugate. Pursuits are smooth when patient follows \*\*\* finger. Symmetric facial sensation to light touch by the patient's own fingers. Face symmetric \*\*\* hypomimia. No dysarthria. Symmetric shoulder shrug. Tongue midline.

**Motor:** Bulk grossly normal in visible muscle groups. No pronator drift. Functional strength testing demonstrates \*\*\*. Normal spontaneous movements. No evidence of kinetic, postural, or resting tremor. No other abnormal movements.

**Sensory:** Intact and symmetric sensation to light touch by helper’s fingers on patient’s feet, legs, hands, and arms. Able to touch nose with index finger with eyes closed bilaterally. Romberg negative. No extinction to dual simultaneous stimulation performed by helper with patient

**Coordination:** Camera to nose testing normal without dysmetria. Heel to shin intact.

**Gait:** Able to rise with arms crossed in front of \*\*\*. Stable on standing with \*\*\* posture. Gait is narrow based with \*\*\* stride length, \*\*\* arm swing. Turns \*\*\*. Re-emergent movements during gait exam: \*\*\*.

**Abnormal patient interactions with camera/technology/environment:** \*\*\*

**Safety concerns identified in the living environment:** \*\*\*

**Appendix e-3:** Remote normal neurological exam template, Movement Disorders

**Remote Examination**

*Exam performed using real-time audio-video software*

**General:** Pleasant and sitting comfortably

**Pulm:** Breathing comfortably

**Skin:** No skin changes visible in camera window.

**Neurological Examination:**

**Mental Status:** Alert and interactive. Language grossly intact. Normal mood and affect. Patient denies spontaneous visual hallucinations.

**CN:** Ocular versions full and conjugate. Pursuits are smooth when patient follows \*\*\* own finger. Symmetric facial sensation to light touch by the patient's own fingers. Face symmetric with\*\*\* facial hypomimia. Speech \*\*\*. Symmetric shoulder shrug. Tongue midline.

**Motor:** Bulk grossly normal in visible muscle groups. No evident bradykinesia with \*\*\*. Normal global spontaneous movements. No evidence of kinetic, postural, or resting tremor. No other abnormal movements. No pronator drift. Functional strength testing demonstrates \*\*\*.

**Sensory:** Intact and symmetric sensation to light touch by patient’s own fingers on feet, legs, hands, and arms. Able to touch nose with index finger with eyes closed bilaterally. Romberg negative.

**Coordination:** Camera to nose testing normal without dysmetria. Patient able to move arm precisely between 2 objects in the room on home finger chase test. Heel to shin intact.

**Gait:** Able to rise with arms crossed in front of \*\*\*. Stable on standing with \*\*\* posture. Gait is narrow based with \*\*\* stride length, \*\*\* arm swing. Turns \*\*\*. Re-emergent movements during gait exam: \*\*\*.

**Appendix e-4:** Remote normal neurological exam template, Neuromuscular

**Remote Examination**

*Exam performed using real-time audio-video software*

**General:** Pleasant and sitting comfortably

**Pulm:** Breathing comfortably without evidence of increased work in both sitting and supine positions. Good abdominal lift during supine inspiration. Strong cough. Able to count to \*\*\* in a single breath.

**Skin:** Detailed skin examination with no face, chest, or extremity rashes. No distal leg hair loss.

**Ext:** No foot shape abnormalities.

**Neurological Examination:**

**Mental Status:** Alert and interactive. Language grossly intact. No pseudobulbar affect.

**CN:** Ocular versions full and conjugate. Pursuits are smooth when patient follows \*\*\* own finger. No ptosis or diplopia with sustained up gaze. Able to raise eye brows, bury lashes with eye closure, puff cheeks, purse lips, and whistle. Symmetric facial sensation to light touch by the patient's own fingers. Face symmetric with equal activation. No dysarthria. Symmetric shoulder shrug. Tongue midline. Lateral alternating tongue movements appear normal. Tongue bulk appears normal without clear fasciculations.

**Motor:** Bulk grossly normal in visible muscle groups. No observable fasciculations in arms or legs. No grip myotonia. No tremor or other involuntary movements. Pronator drift absent.

Function strength assessment: Able to lift arms over head without difficulty. Full elbow flexion and extension against gravity. Able to open and close hands five times without difficulty. Finger taps normal. Full knee extension against gravity. Able to sit-to-stand 5 times with arms crossed without excessive fatigue (time: \*\*\* sec). Able to stand from a deep squat with arms crossed. Able to walk on toes and heels.

**Sensory:** Intact and symmetric sensation to light touch by patient’s own fingers on feet, ankles, thighs, hands, and arms. Phalen’s test negative. Patient denies Tinel’s sign with firm taps on \*\*\* own anterior wrist. Able to touch nose with index finger with eyes closed bilaterally. Romberg negative.

**Coordination:** Camera to nose testing normal without dysmetria. Heel to shin intact.

**Gait:** Stable on standing and turns. Gait is narrow based with normal stride length and arm swing. Able to perform tandem gait.

**Appendix e-5:** Remote normal neurological exam template, Neuro-ophthalmology

**Remote Examination**

*Exam performed using real-time audio-video software*

**General:** Pleasant and sitting comfortably

**Pulm:** Breathing comfortably

**Skin:** No skin changes visible in camera window.

**Neurological Examination:**

**MS:** Alert and interactive. Fully oriented. Language grossly intact.

**Ophthalmology:**

Afferent: Near acuity 20/20 in each eye using mobile app. Visual fields full to confrontation in each eye (using remote helper).

Pupils: pupils appeared round, symmetric, and 3-4 mm.

Efferent: Ocular ductions normal. Ocular versions full and conjugate. Pursuits are smooth when patient follows \*\*\* own finger.

Orbits/lids/globes: Normal-appearing orbits. Lids in normal position in each eye. No ptosis or diplopia with sustained up gaze. Normal-appearing conjunctiva.

**CN:** Symmetric facial sensation to light touch by the patient's own finger. Face symmetric with equal activation. No dysarthria. Symmetric shoulder shrug. Tongue midline.

**Motor:** Bulk grossly normal in arms and legs. No pronator drift. Functional strength testing demonstrates \*\*\*. Normal spontaneous movements. No evident tremor or other abnormal movements.

**Sensory:** Intact and symmetric sensation to light touch by the patient's self-assessment of hands, arms, feet, and legs. Able to accurately touch nose with index finger with eyes closed bilaterally. Romberg negative.

**Coordination:** Camera to nose testing normal without dysmetria. Heel to shin normal bilaterally

**Gait:**  Gait is narrow based with normal stride length and arm swing. Stable on standing and turns. Able to perform tandem gait.