

ASHT Companion Clinic Communications Guide

While connecting to hand therapists, surgeons, and researchers from other areas of the world may seem daunting, there are many ways to reach out to our international colleagues given the many avenues that technology provides. Below is a resource list for communication and information sharing across continents. This is meant to be a starting point, rather than a comprehensive list, for the continued development in the field of hand therapy.

Type	Platform Name	Cost	Features
Video Chat	Skype	Free	Online text message, video chat services, and video conference calls to anyone in the world, for free.
	Google Hangouts	Free	Allows conversations between two or more users. Can be used on desktops, supports messaging and group chats, and has multiway video for collaboration
	Google Duo	Free	Video chat mobile app that allows users to make video calls in high definition. It is optimized for low-bandwidth networks. Duo is based in phone numbers, allowing users to call someone from their contact list. The app automatically switches between Wi-Fi and cellular networks.
Shared Video	YouTube	Free	The site allows users to upload, view, rate, share, add to favorites, report and comment on videos, and subscribe to other users. All users can upload videos up to 15 minutes each in duration.
	Facebook	Free	Users can upload/share digital photos and videos. Users may also join common-interest user groups organized by workplace, hobby, etc.
	Vimeo	Free for basic \$59.99-\$599 for increased storage	Users can upload, share and view videos – including high-definition video.
	Dailymotion	Free	Dailymotion allows users to browse and upload videos by searching tags, channels, or user-created groups. Dailymotion is available all around the world, in 18 different languages and 35 localized versions featuring local home pages and local content.

	Vevo	\$1,500/month	Professional training app and web portal for peer-to-peer video learning. An online portal allows users to maintain a personal video library, and for users to share and comment on videos.
	Metacafe	Free	Video-sharing website that specializes in short-form video entertainment in the categories of movies, video games, sports, music and TV.
	Flickr	Free	Image and video hosting website that allows users to upload, access, organize, edit, and share any photo or video.
	Animoto	\$8-35/month	Cloud-based video creation service that produces video from photos, video clips, and music into video slideshows.
	Periscope	Free	Live video streaming app
Information Sharing	Scribd	\$9/month	World's largest digital library, e-book and audiobook subscription service. Scribd hosts 60 million documents on its open publishing platform.
	LinkedIn Slideshare	Free for basic \$19-49/month for upgrades	Users can upload files privately or publicly. Slide decks can then be viewed on LinkedIn, on hand held devices, or embedded on other sites. The service also supports documents, videos, and webinars.
	AOTA: groups/galleries	Free for AOTA members	Create groups, post video
	Dropbox	Free (2 GB)	File hosting service that offers cloud storage, and file synchronization
	Google Drive	Free (15 GB)	File storage and synchronization service. Users can store files in the cloud, synchronize files across devices, and share files. Offline capabilities for Windows and macOS computers, and Android and iOS smartphones and tablets.
	Zotero	Free (300 MB) \$20 (2 GB) \$60 (6 GB) \$100 (unlimited)	Open-source research tool that collects, organizes, analyzes research, and shares information to and from other web services and applications.

Messaging Apps	iMessage	Free	Instant messaging service. Allows users to send texts, documents, photos, videos, contact information, and group messages over Wi-Fi, mobile phone Internet access to other iOS or macOS users.
	Snapchat	Free	Image messaging and multimedia mobile application. Allows users to send short videos, communicate via video chat. The “My Story” feature lets users compile images into chronological storylines accessible to all of their friends. The “Live Stories” feature lets users at on-location events contribute snaps to a curated story available to all Snapchat users.
	WhatsApp	Free	Messenger app for smartphones. WhatsApp uses the Internet to send messages, images, audio or video. Calls (domestic and international) are free, as WhatsApp uses your phone’s Internet connection rather than your cellular plan’s voice minutes.
	Viber	Free	Instant messaging, calling, and photo sharing service that uses data, instead of a cellular connection to send messages.
	Viber Out	Pay-as-you go / calling plan	Calls and messages to non-Viber customers at a cost
Translation Apps	Google Translate	Free	Multilingual machine translation service that translates text, speech, images, sites, or real-time video from one language into another. Google Translate supports over 100 languages.
	Speak and Translate	Free	Voice and text translator that allows you to communicate effectively in any corner of the globe – 117 languages for text-to-text translations, and 54 languages for voice-to-voice translations.
	Microsoft Translator	Free (2 million characters) Monthly plan	Personal translator app for 60+ languages to translate text, voice, conversations, camera photos and screenshots.

	Say Hi Translate	Free	Personal translator app for 32 languages to translate text and voice.
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