



Skin Check App

Quick Start Guide





Overview

The Department of Veterans Affairs (VA) Skin Check mobile application (app) allows members of VA care teams to complete skin assessment documentation. With the app, the VA health care team (including providers and nurses) can conduct a skin check, assess risk for pressure ulcers (PU), choose the proper preventive measures and add information into their patients' medical records. The app is designed to be a single, easy-to-access location for finding information about skin care and to help VA clinical staff comply with the Veterans Health Administration's (VHA) Pressure Ulcer Prevention Handbook 1180.02. **NOTE:** While this app enables you to document a patients' risk for skin breakdown and care related to skin conditions (e.g., bruises, rashes), it does NOT allow you to assess wounds. Should a Veteran have a wound, it must be assessed elsewhere.

Although the app is meant to provide you with comprehensive and targeted information regarding the specific health care needs of Veterans, the information it contains is not intended to be a complete nursing care documentation tool or a substitute for clinical judgment.

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Setting Up and Logging Into Your App

Prerequisites

To use the Skin Check App, you must be a member of a VA care team with Veterans Health Information Systems and Technology Architecture (VistA) credentials.

Logging in

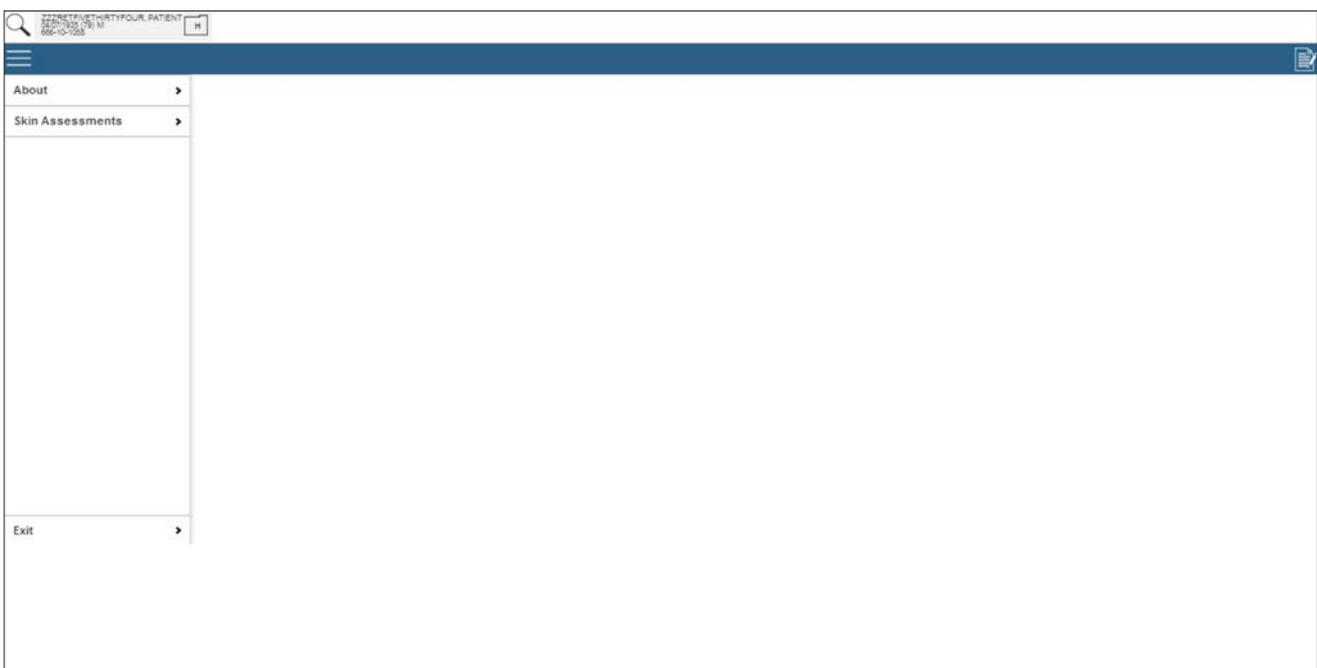
When you access the Skin Check App, you will first see the Provider Login screen. Enter your VistA user name followed by your VistA Password. Begin typing in a VA hospital location. A list of matching facilities will appear in a drop-down list. Select the facility you want, and tap **Sign In**.

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Information Included in the Skin Check App

The Skin Check App includes the following main functions:

- Search feature – in the upper left corner with a magnifying glass icon that allows you to search for a patient by patient name or ward
- Patient information feature – in the upper left corner next to the file icon with the patient's name, date of birth, age, gender and social security number
- Menu – with a three-line icon that slides in and out from the left side of your screen and has three sections: About, Skin Assessments and Exit
- Progress Note feature – in the upper right corner with a notepad and pencil icon that allows you to enter information into your patient's medical record (i.e., CPRS)



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Administering a Skin Assessment

Be sure to administer the most comprehensive skin assessments by going through the checklists and information provided in the Skin Check App. Then use the education section to provide explanations, treatments and resources to your patients and their Caregivers.

Tap the menu button with a three-line icon, and then tap **Skin Assessments** from the slide-out menu that appears. If you tap Skin Assessment, you will see a list of subcategories:

- Areas Assessed
- Major Risk Factors/Special Populations
- Skin Patches
- Skin Color
- Skin Temperature
- Skin Moisture
- Skin Turgor
- Skin Problems

Tapping a Skin Assessment subcategory will allow you to complete each section, either by tapping on an applicable answer or entering in the required data. Some sections let you enter a comment. To collapse the contents, tap on the heading of each section. To save your answers and comments, tap the **Save** button at the bottom of the screen. Information you save will be available for entry into a note. To return to the Skin Assessments screen, tap the **Previous Page** button with the back arrow in the upper left corner.

The screenshot shows the 'Skin Assessment' screen in the app. At the top, there is a patient information header: 'TEN PATIENT', '02/07/1938 7:59 M', and '11'. Below this is a navigation bar with a three-line menu icon on the left and a document icon on the right. The title 'Skin Assessment' is centered in the bar. Below the bar, there is a prompt 'Select to see the desired content:' with two buttons: 'Patient List' and 'Skin Assessment'. A 'Previous Page' button with a back arrow is in the top left. The main content area contains a list of subcategories, each with a right-pointing arrow: 'Areas Assessed', 'Major Risk Factors/Special Populations', 'Skin Patches', 'Skin Color', 'Skin Temperature', 'Skin Moisture', 'Skin Turgor', and 'Skin Problem (check all that apply)'. Below the list is a question: 'Is a pressure ulcer or other wound present?' with 'No' and 'Yes' radio button options. At the bottom, there are two buttons: 'Clear Selections' and 'Save'.

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Administering the Braden Assessment

The Skin Check App has built in the Braden Scale to analyze the six main categories that help assess pressure ulcer risk. To access the assessment, tap the menu button with a three-line icon and then **Skin Assessments** from the slide-out menu that appears. From the list of subcategories that appears, tap the **Braden Assessment** tab. You will see a list of six main areas of the Braden Scale Assessment:

- Sensory Perception – measures whether the patient responds to voice commands and any deficit in the ability to feel pain or discomfort
- Moisture – measures the moisture level of the skin
- Activity – measures the patient’s activity levels, frequency of movement and ability to walk
- Mobility – measures any limitations on the patient’s ability to change position unassisted
- Nutrition – measures the patient’s nutritional intake
- Friction and Shear – measures the amount of assistance a patient needs while moving and the level of friction movement causes against a patient’s skin

Tap on each of the sections to rate your patient on a scale from one to four in each area except Friction and Shear, which is rated on a scale from one to three. You can find an explanation of each rating level by tapping the **i** button next to each number. To collapse the contents, tap on the heading of each section. Tap **Calculate** to see the Braden score. You can return to the Skin Assessments screen by tapping the **Previous Page** button with the back arrow in the upper left corner.



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Finalizing Your Assessment as a Progress Note

Not only does the Skin Check App guide you through a full skin and risk assessment, you can submit your answers and comments directly into VistA as a Progress Note in your patient’s Electronic Health Record. After you have gone through all the assessment areas and educated both your patients and their Caregivers about treatment needs and available reference materials, save the assessment to the patient file as a Progress Note. For a Progress Note draft to appear, tap the **Finalize** tab at the bottom of the Skin Assessments screen.

Help and Additional Information

Additional Training Materials for the Skin Check App:

More resources, such as a User Manual, Slideshow and FAQs, can be found on mobile.va.gov.

Help Desk Information:

If you need help with the Skin Check App, call the Help Desk at **1-855-500-2025** to speak with a VA representative. The Help Desk is open weekdays from 7 a.m. to 7 p.m. CT. For TTY assistance, dial 711.