Please remember to mute your speakers.

VA Mobile Discussion Series

For audio, please dial in using VANTS:
1-800-767-1750 pc: 32523#

Thank you for joining, we will begin shortly.
OVERVIEW OF THE VA PRESSURE ULCER/INJURY RESOURCE (VA PUR) MOBILE APPLICATION

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Overview of VA Pressure Ulcer Mobile Application

- In 2011, the Office of Nursing Services developed the VHA Pressure Ulcer (PU) Handbook (1180.02).

- Veterans Health Administration (VHA) PU Handbook provides and establishes comprehensive procedures for the assessment and prevention of pressure ulcers (PUP).
  
  It has relevance for all clinical setting in the VHA including Acute Care, Inpatient Mental Health, Spinal Cord Injury Centers, Community Living Centers, Home-Based Primary Care and Outpatient Primary Care.

- The PU Handbook provides the foundation to develop innovative solutions and strategies to assess and prevent pressure ulcers.
  
  To meet the goals of the PU Handbook, the VHA (Office of Nursing Services, Office of Innovation and Office of Information and Technology) supported the development of mobile applications for home care, inpatient and outpatient services and clinical support staff (nurses, doctors etc.).

Prepared by SMcCoy-Jones
“VA Innovation Initiative (VAi2) Competition provides innovative solutions to complex VA problems. The VAi2 Competition strives to elicit solutions that in turn provide high quality, effective, and efficient information technology (IT) services to those responsible for providing care to the Veteran at the point-of-care as well as throughout all the points of the Veterans’ health care in an effective, timely and compassionate manner” (VHA/IT, 2015).
VA Innovative Initiative (VAi2) Competition for Pressure Ulcer/Injury Prevention (PUP)

“Pressure ulcers /injury (PU) are a key area of the VAi2 Competition’s interest as a cause of significant morbidity and mortality among hospitalized, institutionalized, and mobility-compromised Veterans. VA’s goal of “getting to zero” for PU prevalence includes the need to provide Veterans and their caregivers with an easy-to-use resource that focuses on their roles in the prevention/care of PUs, as well as differentiating PUs from wounds of other etiologies” (VHA/IT, 2015).
VA Innovative Initiative (VAi2)
Competition for PUP

VA Pressure Ulcer/Injury Resource (VA PUR)

Serco (contractor) developed a mobile application for pressure ulcer/injury prevention for the outpatient/home-based primary care Veteran population and their caregiver.

Along with new mobile technology, print aids and a DVD, were developed all of which provide Veterans and their caregivers with educational information about pressure ulcer prevention (PUP) and treatment.
Overview of VA PUR Mobile App

VA Pressure Ulcer Resource Mobile app for Android and iOS mobile operating systems
(Business Owner: Office of Nursing Services)
- Completed development.
- VA PUR will be piloted at VA’s in Philadelphia and Tampa within next few months upon final Subject Matter Expert (SME) review.
VA PUR: Launch screen on mobile devices
VA PUR Mobile Home Page

Home page includes:

- Journal Entry
- Set Reminders
- Find Symptoms
- Ask My Medical Team
- Add Short (1,2,3,4,5)

Also includes three tabs:
- Learn
- Tools
- Get Help

Prepared by SMccoy-Jones
Journal Entry

- To create a journal
- View saved journal entry
- Check skin turgor (elasticity)
- Check for blanching (change is skin color with light pressure)

Prepared by SMccoy-Jones
Set Reminders

Reminders

- Can be set Off, On, Yes or No for:
  - Meals (Snacks)
  - Changing positions
  - Medication Administration

Prepared by SMcCoy-Jones
Reminders Examples

Medication Reminder

Drug Name:

When I take:

How far apart:

Your last dose will probably be near bedtime if you take this medicine several times each day. You will not get a reminder between your last dose (night) and your first dose (morning).

First Dose: 9:00 AM

Last Dose: 9:00 PM

Change Position Reminder

If you are in a wheelchair you should change positions every 15 minutes. If you are bed-bound, you should change positions every 30 minutes.

Turn On

Frequency

Do you want to turn off these reminders while you sleep?
Find Symptoms and Causes

Allows veterans to search/find Symptoms or Causes related to Altered Skin or Pressure Ulcers and the management of altered skin or pressure ulcers. Selecting the item takes the user to the relevant content.

- Such as:
  - Diet
  - Drainage
  - Dressing
  - Redness
  - Positioning etc.

Prepared by SMccoy-Jones
Example of “Find” and “Search”

Example, the Veteran selects Find Symptoms and Causes then selects “Diet”:

- “Diet” opens the “Choose My Plate” content where the user can select any area of the plate related to fruits, grains, dairy, vegetables or protein to learn more about how this area is part of a healthy diet.

- This is an example of the interactive features of the app.

Prepared by SMcCoy-Jones
Ask My Medical Team

User can create a list of questions by choosing them from a set of topics.

- Questions can be saved under “View Saved Questions”.

Question List includes:

- My Pressure Ulcer
- Home-based Care
- Tests and Procedures
- How Doctor’s Office Works
- Cost of Medical Care
- Discharged from VA Facility
- View Saved Questions

Prepared by SMccoy-Jones
Short Cuts

User can choose up to 5 options to customize Home screen. Options include:

- Get More Protein
- Exercise in Wheelchair
- Exercise in Bed
- Exercise Walking
- Take Vital Signs
- Taking Care of Myself
- Portion Serving Size
- Plan Menus
- Food Groups
- Wound Care
- Watch Video

- Allows users to customize their home screen

Prepared by SMcCoy-Jones
Home Page with Customized Shortcuts

Examples of Shortcuts

- Get More Protein
- Exercise in Wheelchair
- Take Vital Signs
- Food Groups
- Wound Care

User can customize up to five shortcuts to Home screen

Prepared by SMcCoy-Jones
VA PUR Tabs on Home Page: “LEARN”

**LEARN Tab: Information related to:**

- Pressure Ulcers/Injury
- Nutrition
- Exercise
- Medicines
- Pain
- Vital Signs
- Home Safety
- Caregiver Tips

<table>
<thead>
<tr>
<th>Learn</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ulcers</td>
<td>Learn ulcers and see simple exercises</td>
</tr>
<tr>
<td>Medicines</td>
<td>Learn ways to organize and keep track of medicines</td>
</tr>
<tr>
<td>Pain</td>
<td>Learn about pain types and ways to manage pain</td>
</tr>
<tr>
<td>Vital Signs</td>
<td>Learn what they are and how to take them</td>
</tr>
<tr>
<td>Home Safety</td>
<td>Learn how to make your home a safer place</td>
</tr>
<tr>
<td>Caregiver Tips</td>
<td>Learn about benefits and taking care of a Veteran</td>
</tr>
</tbody>
</table>

Prepared by SMccoy-Jones
Click on “Pressure Ulcers (PUs)”: Questions will appear related to PUs

Then click on a question such as: “What are the stages?”

User taps area of screen to view pictures of pressure ulcer.
EXERCISE

- User learns how exercise prevents pressure ulcers and views simple examples of exercises.

“How can I get started?”

Getting Started
3 to 5 minutes before you start.

Easy warm-up stretches include:
- Making big and small circles in the air with your arms
- Swinging your arms back and forth
- Stretching your arms over your head and counting to 5 or 10

Select your physical ability to see examples of exercises you can do.

I can walk

I'm in a wheelchair

I am bedbound

Prepared by SMccoy-Jones
Tools includes:

- Watch Video Tutorials
- Appointments
- Settings
- About This App

Settings tab:

- My Medical Facility
  - Choose your main VA medical facility
- My Medical Team
  - Add people to medical team contacts
- Customize Home Page
  - Pick shortcuts for your home page

Prepared by SMcCoy-Jones
VA PUR Tabs on Home Page: “GET HELP”

Get Help includes direct access to:

- Call 911
- Call Vets Crisis Line
- Call Doctor
- Call VA Clinic
- Text to Get Help NOW
- Start Veteran Catch
- Get Directions
- Help Near Home
- Call Friend

Prepared by SMccoy-Jones
VA PUR Tabs on Home Page: “GET HELP”

“Get Directions”

“Help Near Home”

Prepared by SMcCoy-Jones
Testing and Moving Forward

- Pilot Locations: Tampa and Philadelphia (SME from both locations for VA PUR development).
- Testing Site: Philadelphia
- User Guide (Completed and avail via VA.gov)
- FAQs (Completed and avail via VA.gov)
- Product Effectiveness: Completed
- Office of Connected Care Video Shot (September, 2016)
- YouTube Video Production: (Ongoing meeting with Production team)
- Remediation (In progress)
- Roll Out (Jan. 2017)
VA Pressure Ulcer/Injury Resource (VA PUR) Mobile App
VA Office of Connected Care Video

https://www.youtube.com/watch?v=0KnWQ6R7yWM
Questions

Prepared by SMcCoy-Jones
Thank you!

What future topics would you like to discuss?

Let us know by providing feedback at the link below:

https://www.surveymonkey.com/r/3QNDY5F