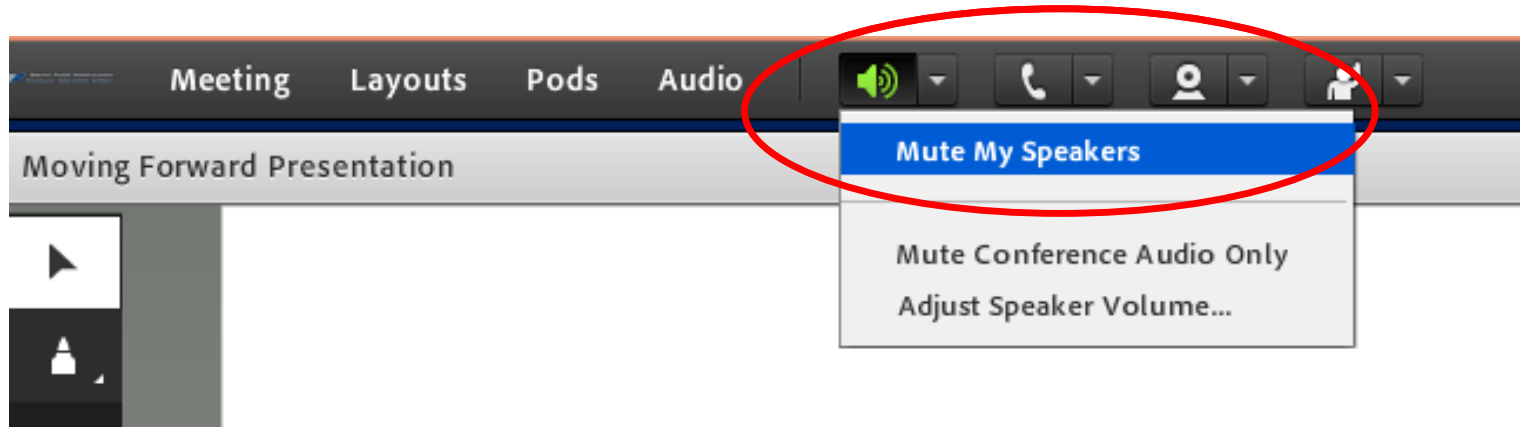


Please remember to mute your speakers.



VA Mobile Discussion Series

For audio, please dial in using VANTS:
1-800-767-1750 pc: 43950#

Thank you for joining. We will begin shortly.



U.S. Department of Veterans Affairs

Veterans Health Administration
Office of Connected Care

VA



U.S. Department
of Veterans Affairs

VA Mobile Discussion Series:

Improving Sleep Quality for Veterans with VA Technologies

Presenters:

Carolyn J. Greene

Ph.D. National Program Manager, Web Based Self Help, Office of Mental Health & Suicide Prevention, Department of Veterans Affairs; Associate Professor, Department of Psychiatry, University of Arkansas for Medical Sciences

Christi Ulmer

Ph.D., DBSM, Clinical Research Psychologist in Durham VA Center of Innovation to Accelerate Discovery and Practice Transformation (ADAPT), and an Assistant Professor in the Department of Psychiatry at Duke University Medical Center

Samuel T. Kuna

MD, Chief, Sleep Medicine Section, Corporal Michael J. Crescenz VA Medical Center and Associate Professor of Medicine, University of Pennsylvania

Jill Reichert

Program Manager, Telesleep, Implementation Manager, REVAMP

Kelly M. Ramsey

Mobile Apps Program Manager, National Center for PTSD, Dissemination & Training Division

Julie Kinn

Lead, Education and Training, Connected Health Branch Clinical Support Division, Medical Affairs, Defense Health Agency



Today's Discussion

- Overview
- Introduction to the Issue
- VA Tools and Technologies for Discussion
 - Path to Better Sleep
 - Remote Veteran Apnea Management Platform (REVAMP)
 - CBT-i Coach
 - DoD Resources – A Better Night's Sleep Podcast, Military Meditation Coach and Dream EZ App
- Questions



Path to Better Sleep



Carolyn J. Greene

Ph.D. National Program Manager, Web-Based Self-Help, Office of Mental Health & Suicide Prevention, Department of Veterans Affairs; Associate Professor, Department of Psychiatry, University of Arkansas for Medical Sciences

Christi Ulmer

PhD, DBSM, Clinical Research Psychologist in Durham VA Center of Innovation to Accelerate Discovery and Practice Transformation (ADAPT), and an Assistant Professor in the Department of Psychiatry at Duke University Medical Center.

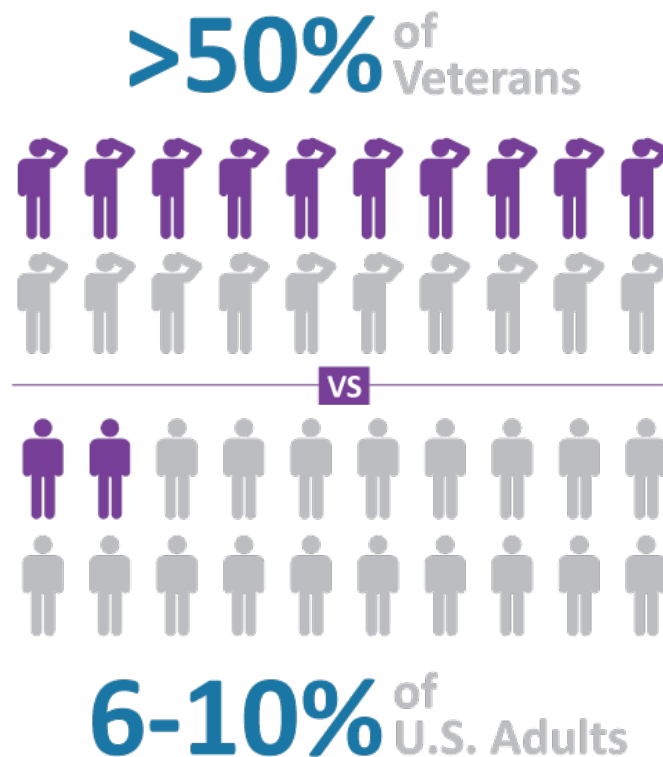


Introduction to the Issue

- Up to 50% of Veterans entering the VA system have an Insomnia Disorder, compared with 6-10% of US adults.

(American Psychiatric Association, 2013; Jenkins et al, 2015)

- Insomnia diagnoses in Veterans have increased sevenfold from 2000-2016. *(Hermes, et al, 2014)*

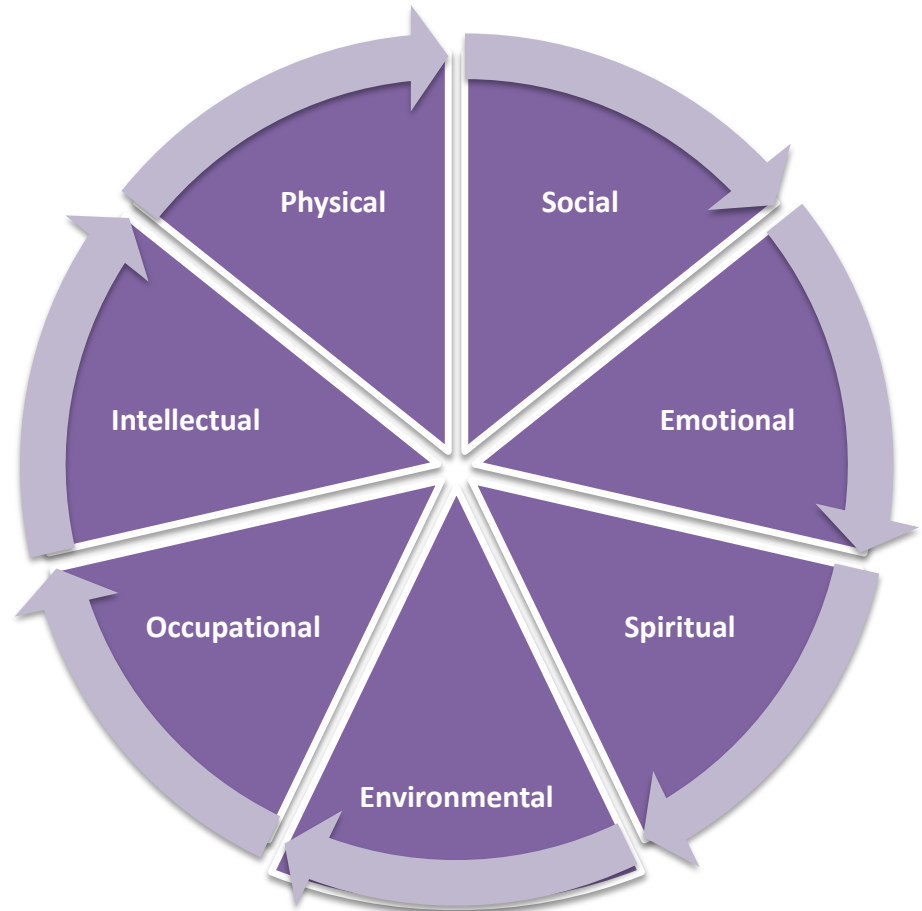




Introduction to the Issue

Effects of go beyond sleeplessness

- Can impact every aspect of wellness.
- Linked to: suicidality, high blood pressure, congestive heart failure, and diabetes.





Barriers to Veteran Access to CBT-i

- Limited Number of Cognitive-Behavioral Therapy for Insomnia (CBT-i) trained Providers
- Distance to VA facilities for F2F treatment
- Lack of Awareness of CBT-i as the Standard of Care
- Insomnia Perceived as Symptom rather than Disorder
- Under-reporting by Patients
- Provider Failure to Document Insomnia DO
- Sleep Hygiene Education perceived as Treatment



Path to Better Sleep

- Cognitive-Behavioral Therapy for Insomnia (CBT-i) is recommended as the first-line treatment for insomnia by:
 - Society of Behavioral Sleep Medicine
 - American Academy of Sleep Medicine ¹
 - American College of Physicians ²
 - National Institutes of Health ³
- Internet delivery has similar efficacy to in-person CBT-i
 - Effective in improving: Sleep efficiency, Insomnia severity, Total sleep time, Sleep onset latency, Wake time after sleep onset



Path to Better Sleep

- www.VeteranTraining.VA.gov/insomnia
- Free and Anonymous
- Translates CBT-i into an online format
- Can be self-guided or used in conjunction with treatment from a provider
- Can be completed in about six weeks
- Developed with Veteran/military culture in mind

The screenshot shows the top section of the 'Path to Better Sleep' website. At the top left is a logo with a bed and the text 'Path to Better Sleep'. The main banner has a dark background with a clock face. The text on the banner reads: 'Can't Fall Asleep? Can't Stay Asleep?' in large white letters, followed by 'Cognitive Behavioral Therapy for Insomnia (CBT-i) can help.' in yellow. Below this, it says 'Free and Available, 24/7' next to a clock icon and 'No Medication Required' next to a leaf icon. At the bottom, there are two buttons: a yellow one labeled 'Sleep Check-up >' and a purple one labeled 'Start CBT-i >'. Both buttons have a 'Start here >' link below them.



Path to Better Sleep

Path to Better Sleep Contains Two Essential Elements

Sleep Check-up ►

- Through a questionnaire, Veterans can begin to understand their sleep issues.
- After completion, videos, factsheets, and other information is provided on suspected sleep issue.
- Veterans can download fact sheets to take to a provider for follow-up.

Start CBT-i ►

- Free, web based CBT-i treatment
 - Includes ALL components of CBT-i
 - Games and interactive exercises
 - Videos and character narratives



Path to Better Sleep

ASSISTIVE TECHNOLOGY

The map shows a winding road with mile markers 1 through 9. Mile markers 1, 2, 3, 4, 5, 6, and 9 are green with white numbers. Mile markers 1, 2, 3, 4, 5, 6, and 9 are labeled with blue boxes indicating the week: Week 1, Week 2, Week 3, Week 4, and Week 5. A legend box titled 'Course Guide Map' lists the course content, with MM5 - Sleep Check-in highlighted in orange. A 'MAP KEY' button is located at the bottom right of the map area.

Path to Better Sleep

Course Guide Map

- Course Introduction
- CBT-i Guide Map
- MM1 - Overview
- MM2 - Sleep Scheduling
- MM3 - Sleep Check-in
- MM4 - Stimulus Control
- MM5 - Sleep Check-in**
- MM6 - Quiet Your Mind
- MM7 - Sleep Check-in
- MM8 - Challenging Your Thoughts
- MM9 - Sleep Check-in
- MM10 - What's Next

MAP KEY

Learning Log **Sleep Diary** **Learn More** **Page 1 of 1** **Back** **Next**



Path to Better Sleep

ASSISTIVE TECHNOLOGY



HOME



ADD/EDIT SLEEP



MY SLEEP



TOOLS



SHARE SLEEP DATA

PATH TO BETTER SLEEP **SLEEP DIARY**

In order to improve your sleep, it is important to first understand it. This sleep diary was designed to help Veterans track and review their sleep patterns. For it to be most beneficial to you, accurate information must be logged daily. Anyone with a sleep problem can use a diary to track their sleep. However, the goals and advice given are for people with insomnia.

 **ADD/EDIT SLEEP**



Path to Better Sleep



As a **Sleep Diary**

- Sleep diaries and summaries can be printed by the patient and brought to clinical encounters to assist with assessment and triaging



As a **Sleep Disorders Screener**

- Sleep Check-Up includes downloadable fact sheets for patients' use in discussing symptoms with their doctor



Path to Better Sleep - Resources

Resources and Contact

Path to Better Sleep

www.VeteranTraining.VA.gov/insomnia

Sleep 101

<https://www.veterantraining.va.gov/apps/insomnia/resources/sleep101/index.html>

For more information or resources to share, including business cards and fact sheets, please contact us at Insomnia@va.gov.



Remote Veterans Apnea Management Platform



Samuel T. Kuna

MD, Chief, Sleep Medicine Section, Corporal Michael J. Crescenz VA Medical Center
and Associate Professor of Medicine, University of Pennsylvania

Jill Reichert

Program Manager, Telesleep, Implementation Manager, REVAMP



Remote Veterans Apnea Management Platform



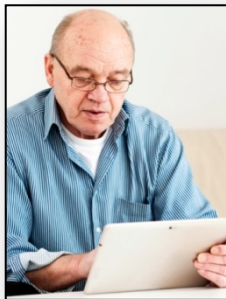
Staff.apps.va.gov/RevampStaff/



Mobile.va.gov/app/revamp-veterans

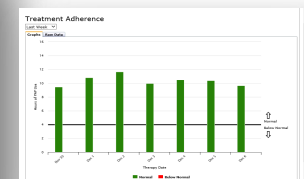
REVAMP is an interactive Veteran and provider-facing web-based application designed to facilitate the remote diagnosis and management of Veterans with obstructive sleep apnea.

Veteran



- Complete questionnaires from home
- View PAP device data
- Access OSA education
- Message their provider

Practitioner



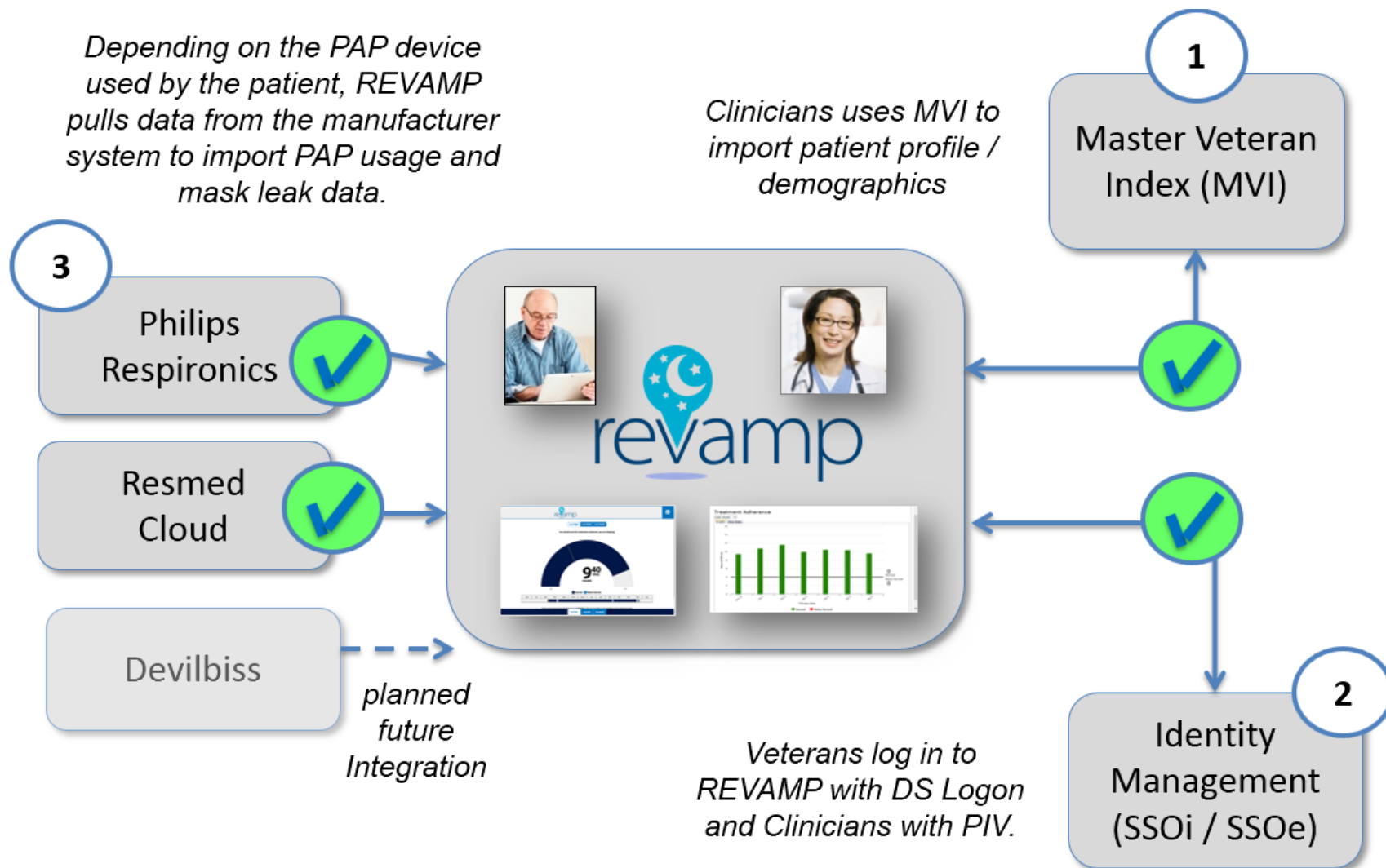
- Remotely collect questionnaires
- Generate templated progress notes
- One-stop shop for PAP data
- Develop reports



REVAMP Integrations

Depending on the PAP device used by the patient, REVAMP pulls data from the manufacturer system to import PAP usage and mask leak data.

Clinicians use MVI to import patient profile / demographics





REVAMP Questionnaires Gather Patient Data



Home

Messages

About

Log Off



My Sleep Health

Please take some time to respond to the following questionnaires as part of the Initial Evaluation process.

- ☐ Initial Information
- ☐ Sleep Apnea Symptoms
- ☐ Epworth Sleepiness Scale - ESS
- ☐ Pittsburgh Sleep Quality Index - PSQI
- ☐ Functional Outcomes of Sleep Questionnaire
- ☐ Insomnia Severity Index - ISI
- ☐ SF-12 Health Survey



REVAMP's Home Sleep Test Tracking / Inventory

Home File Management Administration Messages FAQ Help About



MARIA SMITH - 3/4/2019 9:39 AM



























15

HST Tracking / Inventory

Tracker Inventory

Assign / Track Device

☒ Show Interpreted

* Required field.	* DEVICE ID	* PATIENT	* METHOD	TRACKING NUM.	MONITOR DISTRIBUTED	MONITOR RETURNED	DATE PERFORMED	DOWNLOADED	INTERPRETED
  	45	MILLER, WILLIAM [M1111]	MAIL					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 	20	ORANGE, WILLIAM [O7896]	MAIL	123654				<input type="checkbox"/>	<input type="checkbox"/>
 	45678 (N/A)	SMITH, JAMES [S1234]	MAIL	789	02/08/2019			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 	18 (N/A)	JOHNSON, SEYMOUR [J8520]	MAIL					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 	4	MILLER III, WILLYUM [M1113]	MAIL	6767676XZC67	03/04/2019			<input type="checkbox"/>	<input type="checkbox"/>
   	1	MKIM, CHARLES [M5505]	MAIL		03/01/2019	03/04/2019	03/01/2019	<input checked="" type="checkbox"/>	<input type="checkbox"/>
   	3	MWHITE, AMANDA [M2428]	MAIL	123456YZX67	02/28/2019			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
  	3	MKIM, CHARLES [M5505]	MAIL					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
   	1	MKIM, CHARLES [M5505]	MAIL					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

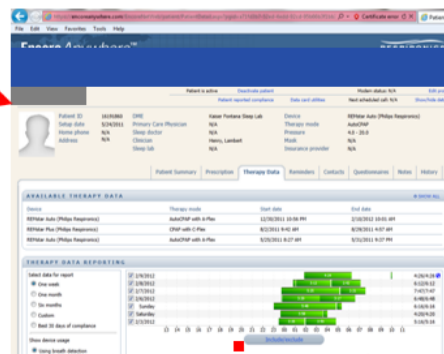


Transmission of Wireless PAP Data to REVAMP

Veteran's PAP unit sends data wirelessly to REVAMP



Manufacturer's website

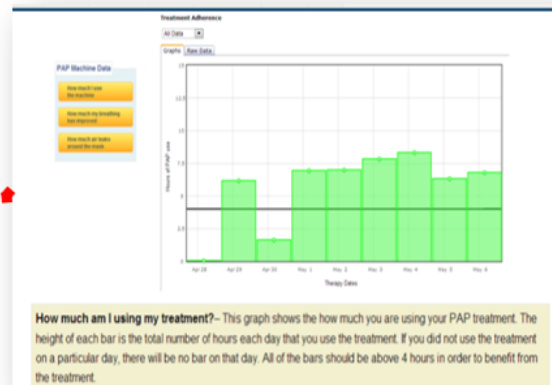
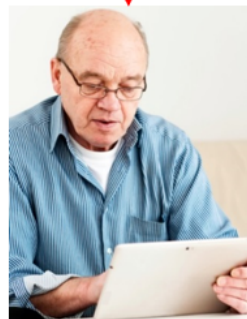


Practitioner



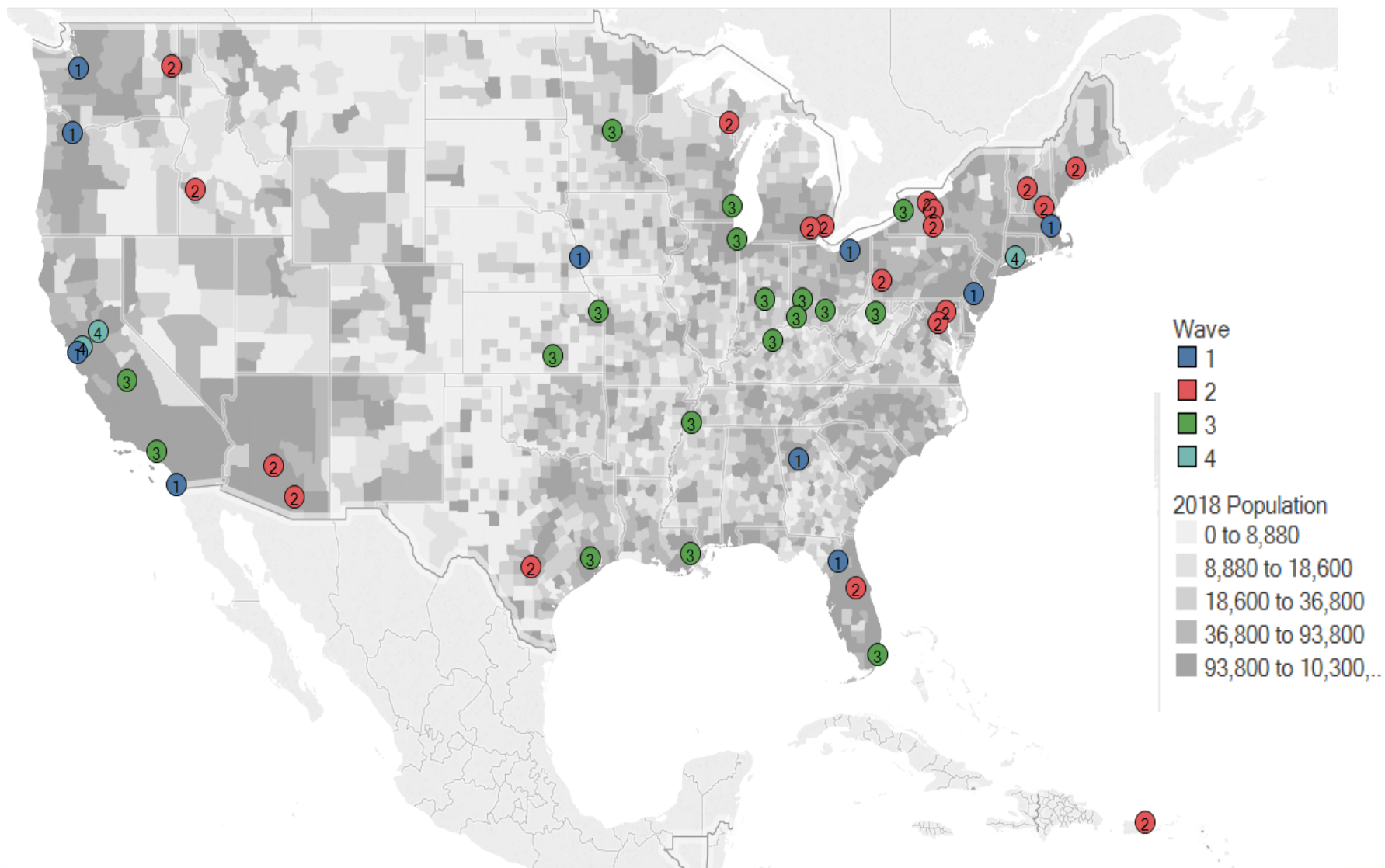
REVAMP website

Patient





REVAMP Sites





REVAMP Metrics: Engagement

March

Cumulative

793 Patients invited to REVAMP **3530**

308 Patients (46%) activated account **1638**

232 Pts (83%) Completed questionnaires **1359**

58 Initial Eval Consults Completed **452**

33 Follow-up Clinics Completed **172**

44% of PAP users viewed compliance data in REVAMP

REVAMP Challenge –

One Million Nights of Sleep

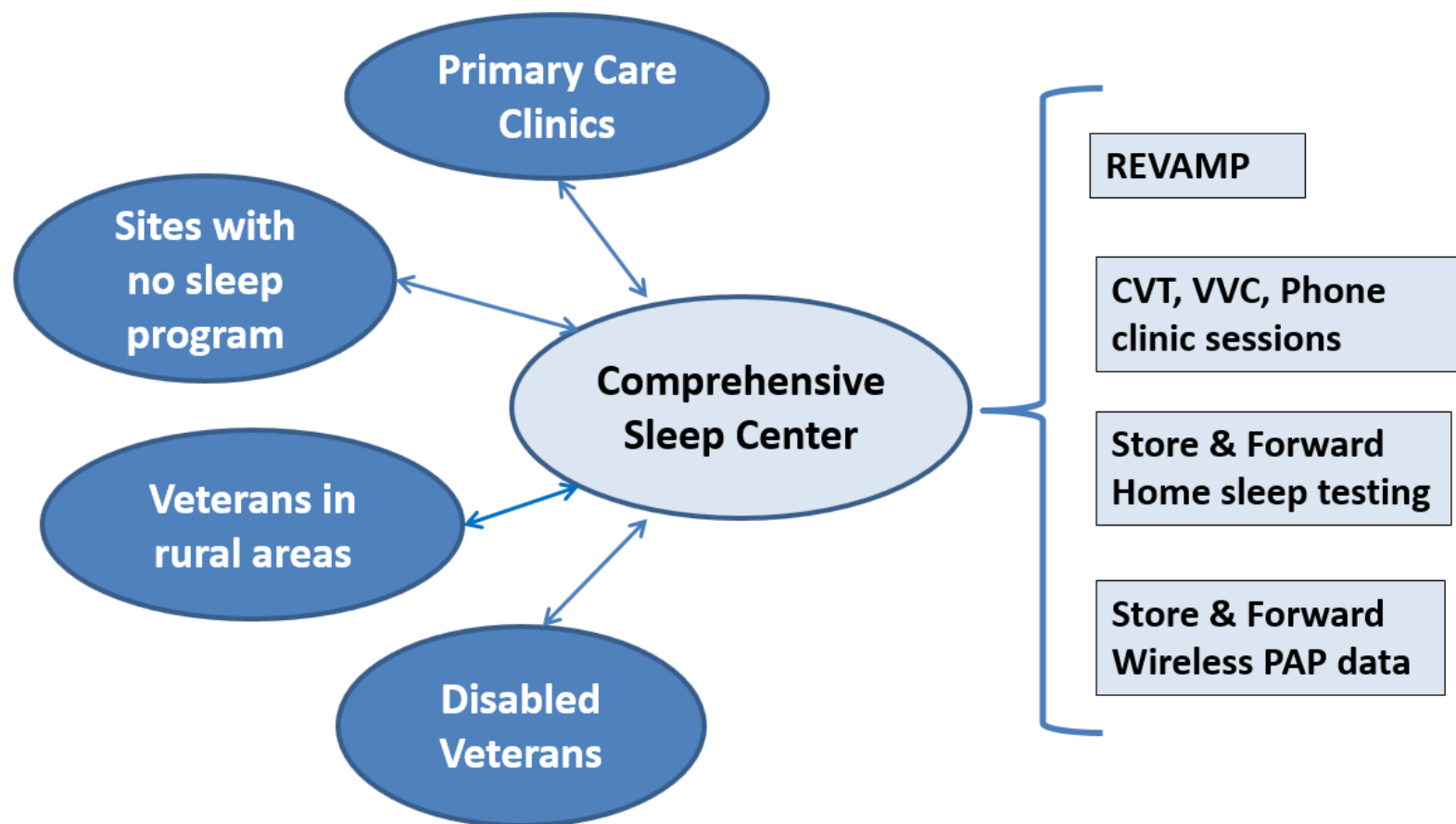
- **200,180 nights of sleep achieved**





REVAMP: a component of a telemedicine pathway for diagnosis and treatment of Veterans with OSA

A hub-spoke model to create a high performance TeleSleep network to veterans with sleep disorders





REVAMP - Resources

- TMS Registration Link: TMSID 37892 Remote Veterans Apnea Management Platform (REVAMP) AppTraining
- Patient Training Video:
 - <https://www.vapulse.net/docs/DOC-99583>
- Clinician Training Video on VA Pulse:
 - <https://www.vapulse.net/docs/DOC-99584>
- VA Pulse – REVAMP Group
 - <https://www.vapulse.net/groups/revamp-pilot-project>
- Email REVAMP Team: REVAMP@va.gov



CBT-I Coach

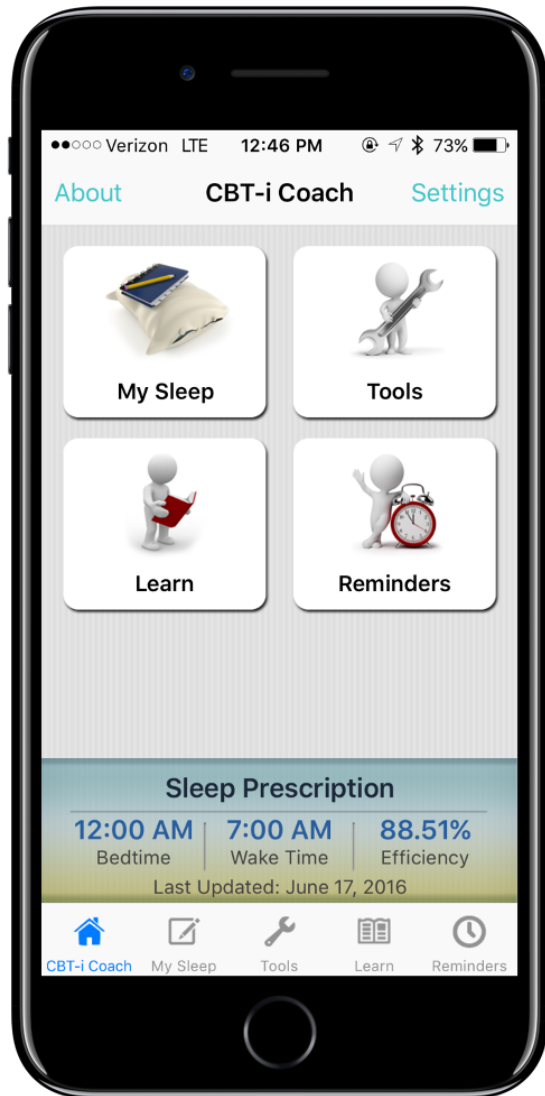


Kelly M. Ramsey

Mobile Apps Program Manager, National Center for PTSD,
Dissemination & Training Division



CBT-i Coach (iOS, Android)



Designed to support patients in CBT for Insomnia

Used “off-label” for sleep tracking (and recommendations in media coverage)

Track sleep

Learn good sleep habits

Get sleepy with audio relaxation tools



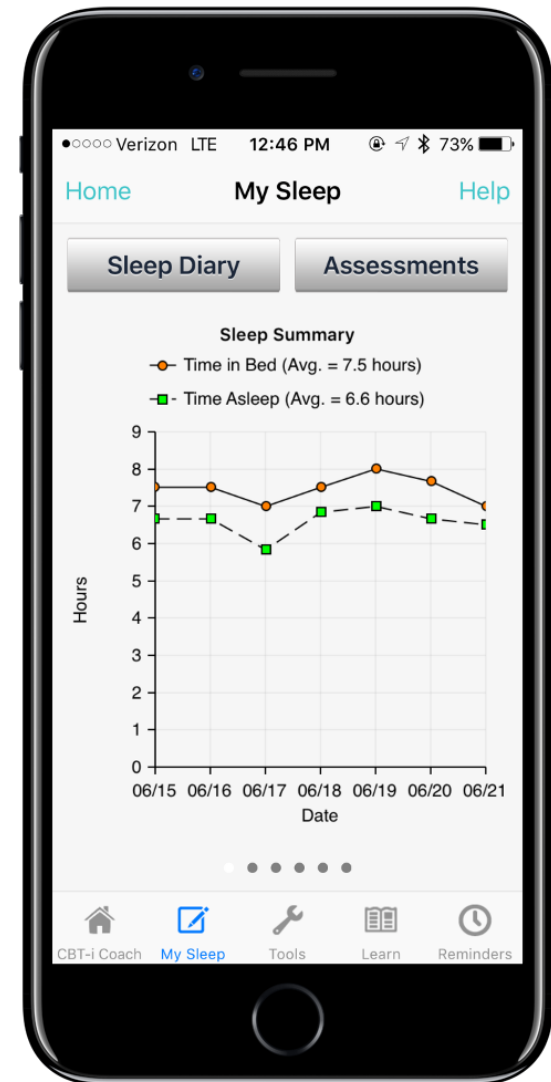
CBT-i Coach (iOS, Android)

Sleep diary designed for compatibility with VA's CBT-i rollout

Several graphs of last week's data

Actively maintained for modern devices and operating systems

Upgrade planned for next year





Mobile Mental Health

Community of practice, sign up for announcements, monthly continuing education series, technical support, swag, questions, comments, and anything else (except treatment consultation)

mobilementalhealth@va.gov

National Center for PTSD web page for apps

<https://www.ptsd.va.gov/appvid/mobile/>

Supplemental mental health app information and handouts

<http://www.myvaapps.com/>



DoD Resources

Dr. Julie Kinn

DHA Connected Health



Image by: Mass Communication Specialist 1st
Class Peter D. Blair from U.S. Navy



Podcast for Sleep



This award winning podcast brings together the top sleep experts in the military health system to discuss the best ways to support improvements in sleep problems.

Available for free at:

[Health.mil/podcasts](https://health.mil/podcasts)





Podcast for Meditation



Military Health System clinicians and educators guide listeners through meditation, mindfulness or relaxation techniques.

Available for free at:

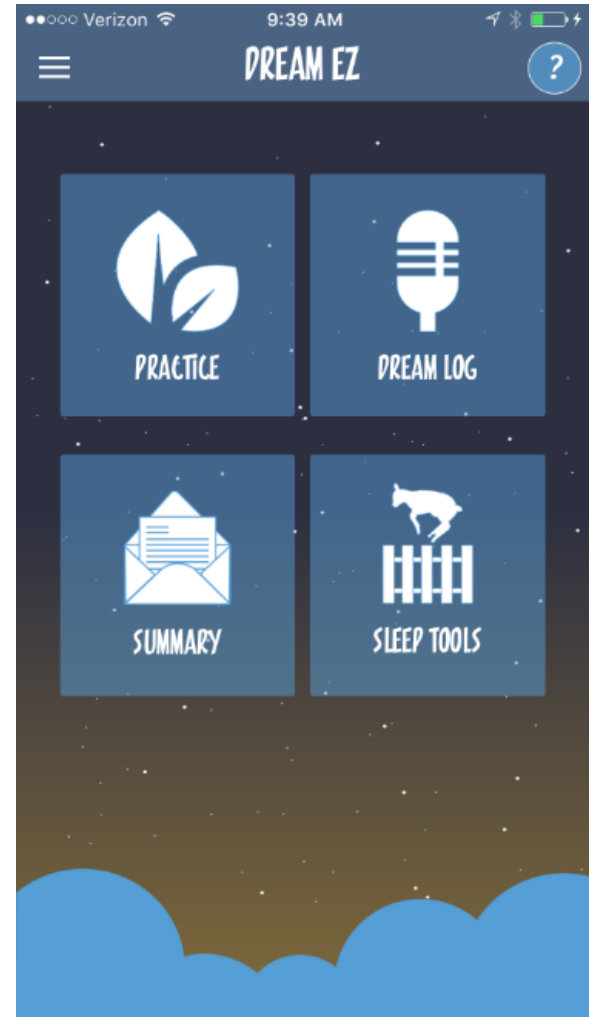
[Health.mil/podcasts](https://health.mil/podcasts)





Dream EZ: App for Nightmare Reduction

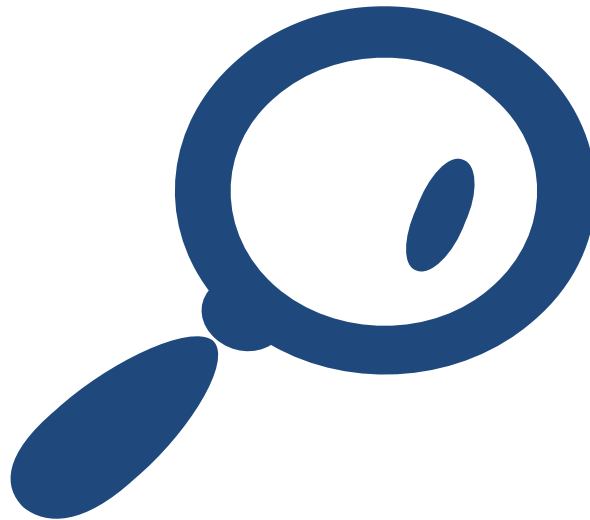
- Supports Imagery Rehearsal Therapy (IRT) for nightmare reduction



Images by: The Defense Health Agency



Questions



QUESTIONS?

Please use the chat feature on the right to submit your questions.



Survey

What future topics would you like to discuss?

Let us know by providing feedback at this link:

<https://www.surveymonkey.com/r/R8VSCVL>