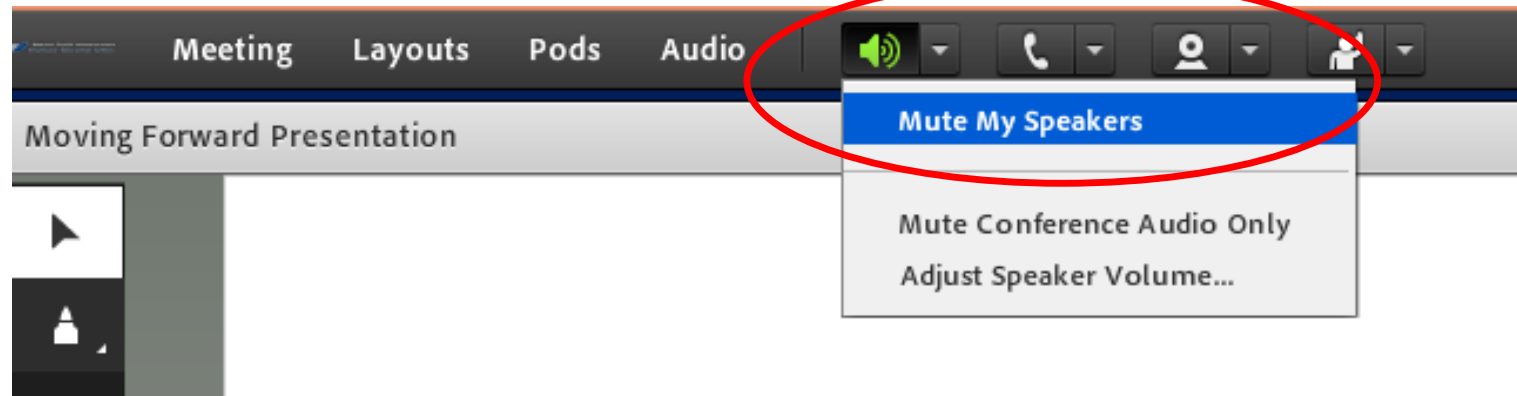


Please remember to mute your speakers.



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.



U.S. Department
of Veterans Affairs



VA Mobile Discussion Series – March 31, 2017

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Past Founding Chief, Nephrology & Hypertension Section,
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VA MobileKidney App

A Mobile Educational and Clinical
Engagement Tool for Veterans with
Chronic Kidney Disease and
Their Providers



Chronic Kidney Disease (CKD)

Patient Management Barriers

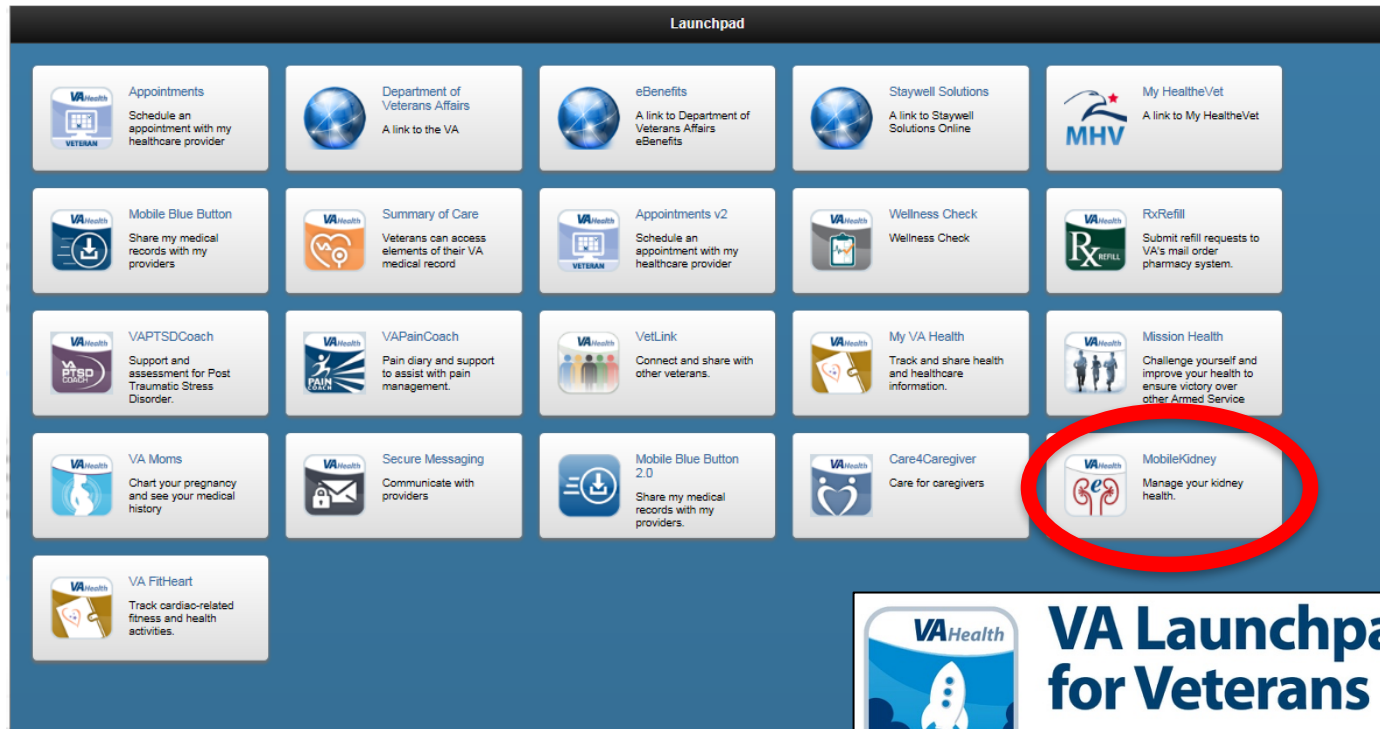
- Health literacy
- Real time access to CKD education & information resources
- Patient buy-in & engagement
- Accurate, reliable, & efficient transfer of interval health information
- Care coordination



VA eKidney Clinic

- Direct outgrowth of VA eKidneyClinic project (2013).
 - Will facilitate mobile access to the online resources currently provided through the cloud-based VA eKidney Clinic (<http://ckd.vacloud.us/>).
- Allow patients to enter, review, and track information related to kidney health over time for sharing with their health care team at regularly scheduled visits.
 - Will provide patients and providers with a common streamlined platform with new functionalities to store, organize, and share historical information tracked at home in the form of diaries or journals.
 - Will allow patients to capture and share a detailed account of self-gathered health information between appointments to discuss with their providers at their next visit.
 - Graphical interface permits visual identification and monitoring of trends.





[Mobile.va.gov/app/beta/va-launchpad-veterans](https://mobile.va.gov/app/beta/va-launchpad-veterans)



Resources



* Non-VA Resource: The VA does not endorse and is not responsible for the content of linked websites.

Urgent Contacts

Veterans Crisis Line

1-800-273-8255 and Press 1

Confidential support is available 24 hours a day, 7 days a week, 365 days a year through the Veterans Crisis Line, Online Chat, and text (838225).

Kidney Disease Websites

- [VA eKidney Clinic](#)
- [American Association of Kidney Patients](#) *
- [American Society of Nephrology Kidney Disease Information](#) *
- [National Kidney Disease Education Program \(NKDEP\)](#) *
- [National Kidney Disease Education Program](#) *
- [Kidney Test result tool from the NKDEP](#) *
- [National Kidney Foundation – Kidney Disease Information](#) *
- [National Kidney Foundation – Patient Information](#) *
- [Safe Kidney Care](#) *
- [UNC Kidney Center](#) *

Diabetes Websites

Kidney Info Resources

Nutrition Resources



MobileKidney



Kidney Info



Kidneys and Kidney Disease

Healthy Kidneys

Healthy kidneys work 24 hours a day, 7 days a week. They clean your blood and keep water and minerals at the levels your body needs.

Where Your Kidneys are Located

Most people have two kidneys, each about the size of a fist. The kidneys are located in the back of the body above the waist. The rib cage protects them.

Each kidney has a ureter—a tube that brings urine from the kidneys to the bladder.

The Job of Healthy Kidneys is BALANCE

Your body works best when water and chemicals in your blood stay in a tight range all the time. To keep your blood in balance.

Logged in as patient01



Standard CKD Management

- Good blood pressure & blood sugar control are both fundamental to optimal CKD management
- In addition to its intrinsic importance as an independent healthcare variable, weight can serve as a proxy for fluid management in patients with kidney and heart disease
- Nephrologists frequently use patient journals to monitor trends in these variables at home between regularly scheduled clinic visits.
 - No standardized method for data collection & organization
 - No simple mechanism for curating & organizing journal information for inclusion in the EMR
- Journals provide a vehicle for recording associated interval health questions & observations – & for recording special instructions from their providers during clinic visits





App Options

Home

Kidney Trackers

Notifications

Learn More

Welcome

December 31, 2014

Consider

Good health is a decision away.



Notifications

13 Unread in last 30 days

Summary



Blood Pressure

134/85 mmHg

Last updated: 12/31/2014



Weight

185 lbs

Last updated: 12/31/2014



Glucose

98 mg/dl

Last updated: 12/31/2014

Information entered may not be reviewed by your provider but can be shared at your next appointment. For immediate medical needs, contact your provider.

Use the menu buttons on the top left or right to explore the app.

User Menu

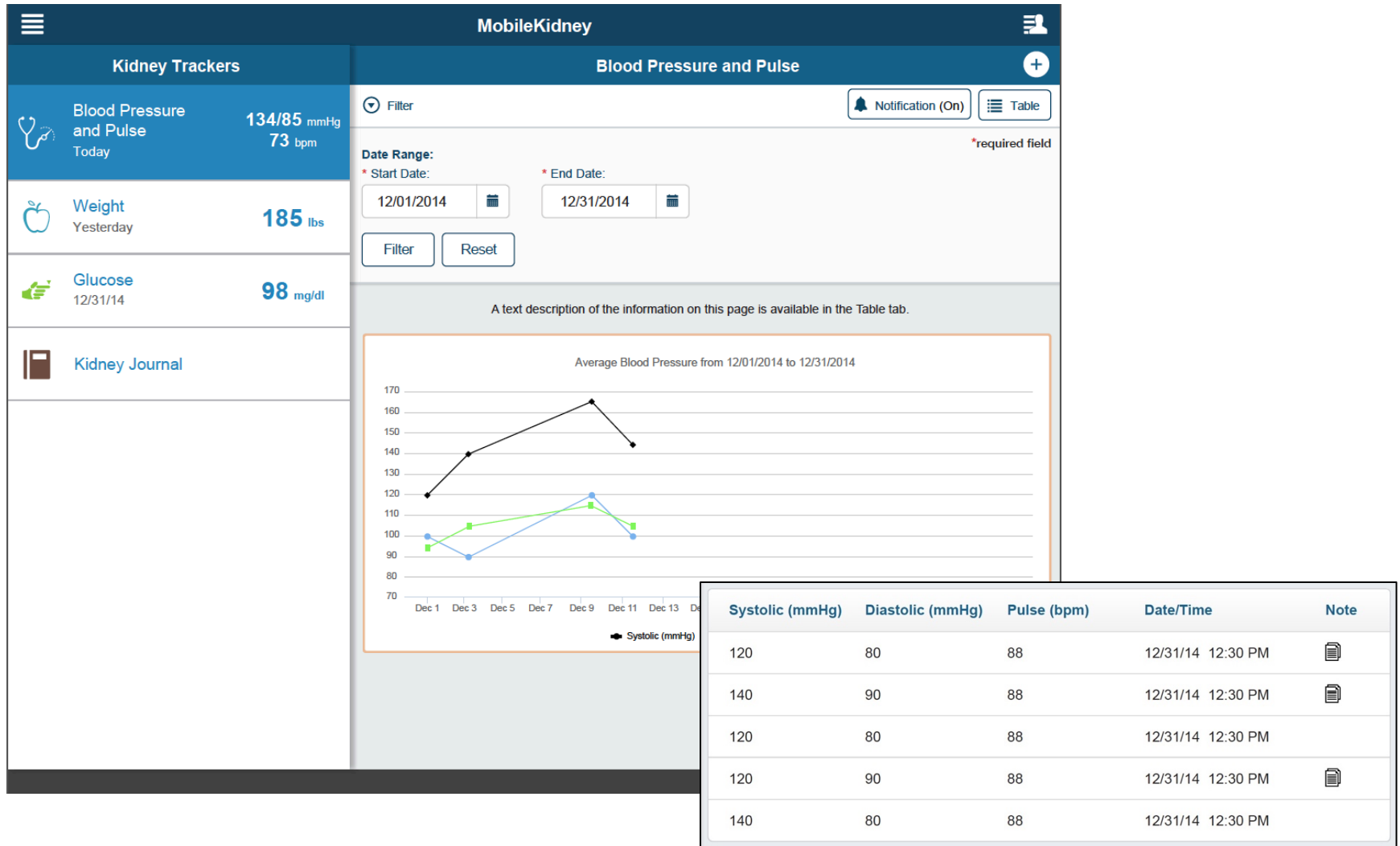
About

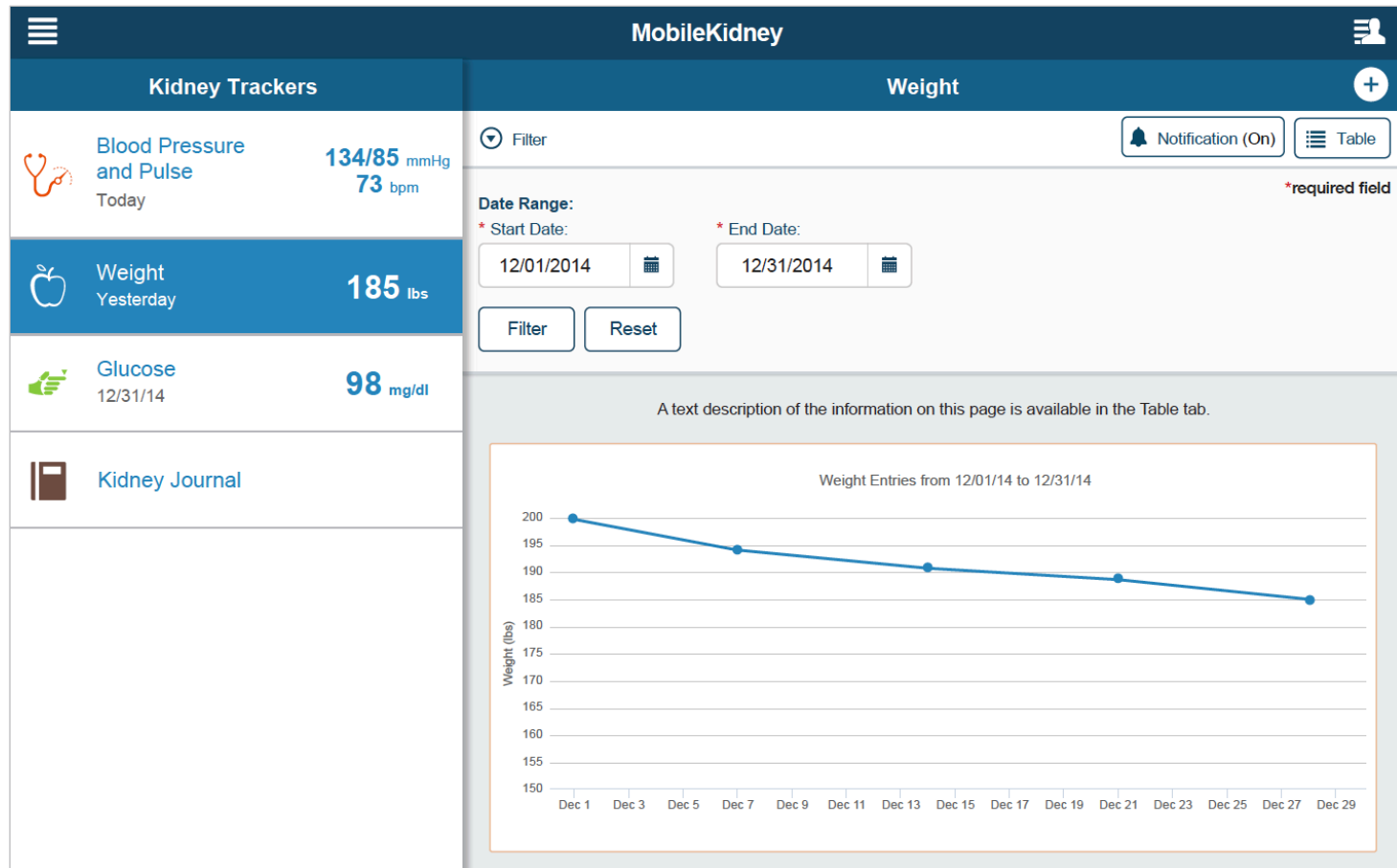
Help

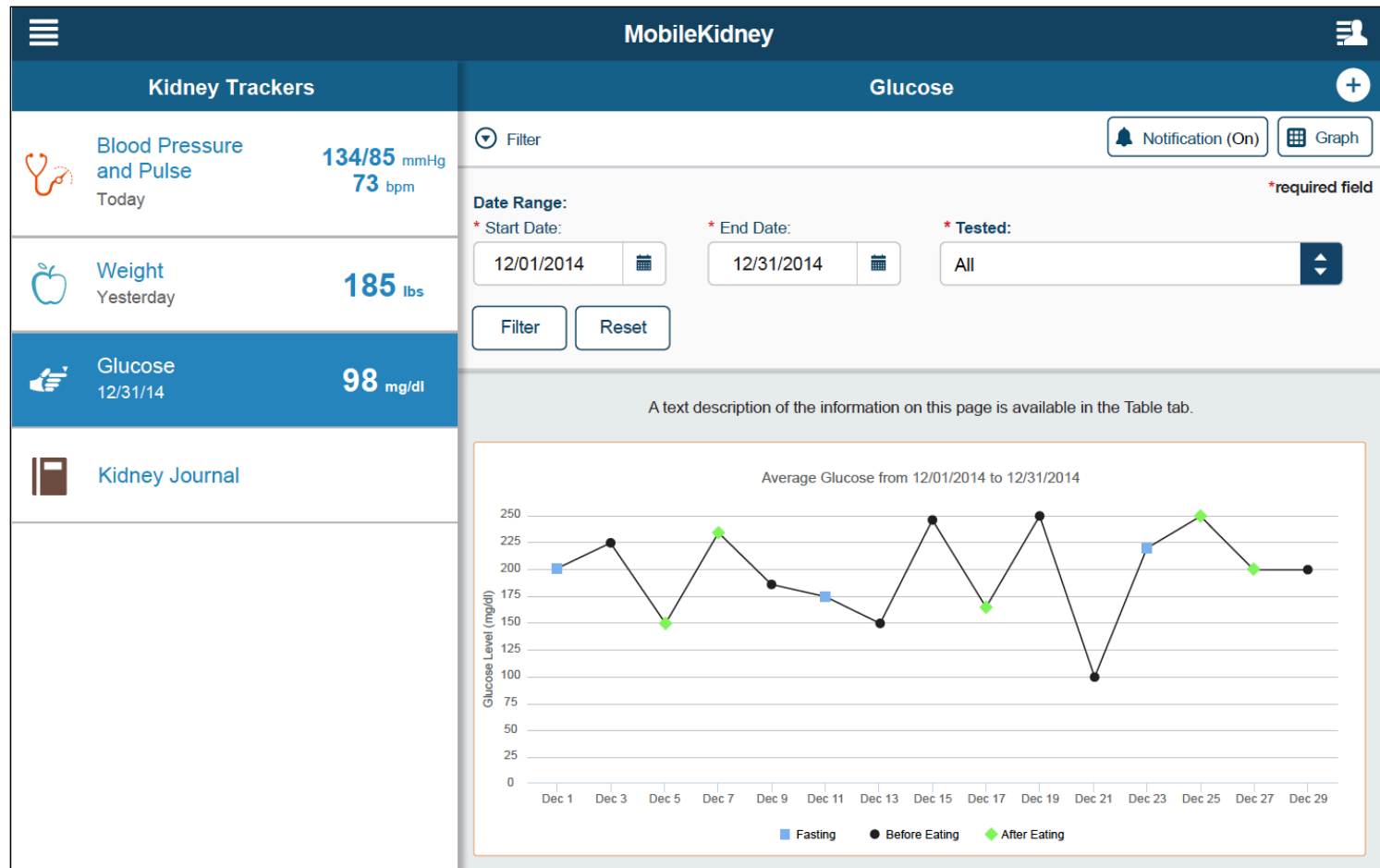
Resources

The image shows a mobile app interface for 'MobileKidney'. At the top, there's a header with a hamburger menu icon on the left and a user profile icon on the right. Below the header, the title 'Kidney Trackers' is displayed. The main content area lists three trackers: 'Blood Pressure and Pulse' with a value of '134/85 mmHg' and '73 bm', 'Weight' with a value of '185 lbs', and 'Glucose' with a value of '98 mg/dl'. Each tracker has a small icon and a 'Target' field. At the bottom, there's a 'Kidney Journal' link. The footer shows 'Logged in as patient01'.

Tracker	Value	Target
Blood Pressure and Pulse	134/85 mmHg 73 bm	None
Weight	185 lbs	175
Glucose	98 mg/dl	##







MobileKidney

< Kidney Journal +

Filter PDF

Date Range:

*required field

* Start Date:

12/01/2014

* End Date:

12/31/2014

☐ Follow-up Items Only

FilterReset


Title	Date/Time
Lorem ipsum dolor sit amet consectetur adipis cing	12/31/14 12:30PM
Lorem ipsum dolor sit amet consectetur adipis cing	12/31/14 12:30PM

Logged in as patient01




MobileKidney


Kidney Trackers

Blood Pressure and Pulse
Today


134/85 mmHg
73 bpm

Weight
Yesterday

185 lbs

Glucose
12/31/14

98 mg/dl

Kidney Journal

Kidney Journal

Filter

PDF

Date Range:



* Start Date: 9/31/2014

* End Date: 12/31/2014

☐ Follow-up Items Only

Filter

Reset

Title	Date/Time	Follow-up
Lorem ipsum dolor sit amet consectetur adipiscing	12/31/14 12:30PM	
Lorem ipsum dolor sit amet consectetur adipiscing	12/31/14 12:30PM	
Lorem ipsum dolor sit amet consectetur adipiscing	12/31/14 12:30PM	
Lorem ipsum dolor sit amet consectetur adipiscing	12/31/14 12:30PM	

13



v1.0

- Portable educational, reinforcement, & reference tool.
- Electronic journaling capabilities.
- Permits flexible entry, organization, & transmission of interval health information for review at next scheduled medical appointment.
 - No automatic curation or flagging.
 - Asynchronous data delivery & review.
 - NOT a surrogate for conventional access to the medical care system.
- Common mobile launch platform shared with other VA mobile apps

v2.0+?

- Customized data fields?
- Direct data entry from medical devices?
- Voice activation/command functions?
- Therapeutic reminders?
- Automatic data flagging/notification?
- Emergency response system activation?
- Broadcast capabilities?
 - Critical updates
 - Emergency management
 - Recalls
- Integration with other mobile apps?
- Synchronous communication?
- Medicine reconciliation functions?
- Foreign language resources?
- Other?



Acknowledgements

- VHA National Kidney and Dialysis Program (10P4E)
 - Susan Crowley, MD
 - Devasmita Choudhury, MD
- VHA Office of Connected Care (10P8)
- Medical Education Institute



Thank you!

What future topics would you like to discuss?

Let us know by providing feedback at this link:

<https://www.surveymonkey.com/r/WRBV2RB>