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.
VA Mobile Discussion Series – March 31, 2017

R. Brooks Robey, MD FASN FAHA FAPS ASH-SCH
Associate Chief of Staff for Research
Past Founding Chief, Nephrology & Hypertension Section,
White River Junction VA Medical Center

Associate Professor of Medicine and of Medical Education
Co-Director, Renal Physiology Curriculum
Geisel School of Medicine at Dartmouth

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.
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 (338225).

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

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.
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
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.
Journal Entries allow you to track and share things with your VA care team about so you can:

- Help your care team focus on what's important to you
- Make sure you don't forget about something you want to know
- Get answers to all of your questions

Use the PDF button on the previous screen to create a list of entries you can take to your appointments.

**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**

- **Date**:
  - 12/31/2014

- **Time**:
  - 12:30 PM

- **Title**:
  - 😄

- **Mark for Follow-up**
  - Use to follow-up on items

- **Notes**:
  - Lorem ipsum dolor sit amet consectetuer adipiscing

**Kidney Journal**

- **Date/Time**:
  - 12/31/14
  - 12:30 PM

- **Title**:
  - Lorem ipsum dolor sit amet consectetuer adipiscing
### Kidney Trackers

<table>
<thead>
<tr>
<th>Metric</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Pressure</td>
<td>134/85 mmHg</td>
</tr>
<tr>
<td></td>
<td>73 bpm</td>
</tr>
<tr>
<td>Weight</td>
<td>185 lbs</td>
</tr>
<tr>
<td>Glucose</td>
<td>98 mg/dl</td>
</tr>
</tbody>
</table>

### Kidney Journal

<table>
<thead>
<tr>
<th>Title</th>
<th>Date/Time</th>
<th>Follow-up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lorem ipsum dolor sit amet consectetur adipiscing</td>
<td>12/31/14 12:30PM</td>
<td></td>
</tr>
<tr>
<td>Lorem ipsum dolor sit amet consectetur adipiscing</td>
<td>12/31/14 12:30PM</td>
<td></td>
</tr>
<tr>
<td>Lorem ipsum dolor sit amet consectetur adipiscing</td>
<td>12/31/14 12:30PM</td>
<td></td>
</tr>
<tr>
<td>Lorem ipsum dolor sit amet consectetur adipiscing</td>
<td>12/31/14 12:30PM</td>
<td></td>
</tr>
</tbody>
</table>
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