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.
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)
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
• 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
  - American College of Physicians
  - National Institutes of Health

• 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

- 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
Path to Better Sleep

Path to Better Sleep Contains Two Essential Elements

- 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 factsheets to take to a provider for follow-up.

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

1. Master Veteran Index (MVI)
2. Identity Management (SSOi / SSOe)
3. Philips Respironics
   - Planned future Integration
3. Resmed Cloud
3. Devilbiss

Veterans log in to REVAMP with DS Logon and Clinicians with PIV.
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
### HST Tracking / Inventory

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<th>Patient Name</th>
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**REVAMP’s Home Sleep Test Tracking / Inventory**

**VETERANS HEALTH ADMINISTRATION**
Veteran’s PAP unit sends data wirelessly to REVAMP

Manufacturer’s website

REVAMP website

Practitioner

Patient
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<th>Metric</th>
<th>March Value</th>
<th>Cumulative Value</th>
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<tr>
<td>Patients invited to REVAMP</td>
<td>793</td>
<td>3530</td>
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<tr>
<td>Patients (46%) activated account</td>
<td>308</td>
<td>1638</td>
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<td>Patients (83%) Completed questionnaires</td>
<td>232</td>
<td>1359</td>
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<td>Initial Eval Consults Completed</td>
<td>58</td>
<td>452</td>
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<td>Follow-up Clinics Completed</td>
<td>33</td>
<td>172</td>
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<tr>
<td>44% of PAP users viewed compliance data in REVAMP</td>
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**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
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
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/
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
iTunes
YouTube
STITCHER
SOUNDCLOUD
Podcast for Meditation

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

Available for free at:

Health.mil/podcasts  iTunes  YouTube  Stitcher  SoundCloud
Dream EZ: App for Nightmare Reduction

- Supports Imagery Rehearsal Therapy (IRT) for nightmare reduction

Images by: The Defense Health Agency
QUESTIONS?

Please use the chat feature on the right to submit your questions.
What future topics would you like to discuss?

Let us know by providing feedback at this link:

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