

VA



U.S. Department
of Veterans Affairs

The Veteran Affairs Pressure Ulcer/Injury Resource (VA PUR) Mobile App

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OBJECTIVES

- Describe use of VA Pressure Ulcer/Injury Resource (VA PUR) app to prevent pressure ulcer/injuries (PrU/I).
- Discuss tools and resources within VA PUR to assist patients/residents and caregivers in managing health and preventing PrU/I.
- Explain impact of VA PUR on clinical staff, patients/residents and caregivers as method to implement PrU/I prevention program within home or health care environment.

The VA PUR and the Veteran

<https://www.youtube.com/watch?v=xmXISs5aXl0>



OVERVIEW OF VA PRESSURE ULCER/INJURY MOBILE APPLICATION

- Office of Nursing Services developed the VHA Pressure Ulcer (PU) Handbook (1180.02) in 2011.
 - Veterans Health Administration (VHA) PU Handbook provides and establishes comprehensive procedures for the assessment and prevention of pressure ulcers (PUP).
 - Relevant for all clinical settings in VHA: Acute Care, Inpatient Mental Health, Spinal Cord Injury Centers, Community Living Centers, Home-Based Primary Care, and Outpatient Primary Care.
- **New PI Prevention & Management Directive scheduled to be released 2019.**



OVERVIEW

To meet PU Handbook goals, VHA Office of Nursing Services, Office of Innovation and Office of Information and Technology supported and encouraged development of mobile applications for home care, inpatient and outpatient services and clinical support staff (nurses, doctors etc.).



VA Innovative Initiative (VAi2) Competition

“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 PUP

- VA Pressure Ulcer/Injury Resource (VA PUR)
- The VA PUR mobile application for pressure ulcer/injury prevention was developed for an outpatient/home-based primary care patient 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.
- This resource is meant to be “patient-facing” – and not “clinician-facing”

Overview of VA PUR Mobile App

VA Pressure Ulcer Resource Mobile app for
Android and iOS mobile operating systems

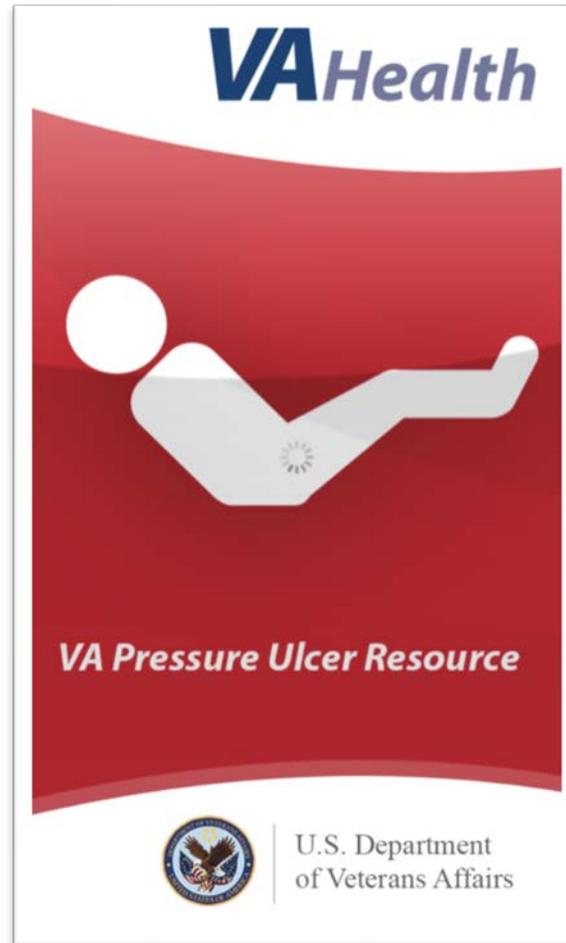
VA Pressure Ulcer Resource App (VA PUR)

The VA PUR and Caregivers

<https://www.youtube.com/watch?v=umIMilpLAlM>



VA PUR





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





Journal Entry



Journal Entry

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

The screenshot shows the 'Journal Entry' screen in the VA Pressure Ulcer Resource App. At the top, there is a back arrow and the title 'Journal Entry'. Below the title is a purple instruction box: 'Tap the screen to answer each question about your pressure ulcer.' The main content area contains six questions, each with a right-pointing chevron: 'Take up to 3 Photos' (No Value Selected), 'Where is it?' (No Value Selected), 'How big is it?' (No Value Selected), 'How does the skin look?' (No Value Selected), 'What color is it?' (No Value Selected), and 'How does it smell?' (No Value Selected). At the bottom is a navigation bar with four icons: 'Home' (house icon), 'Learn' (book icon), 'Tools' (wrench and screwdriver icon), and 'Get Help' (red cross icon).

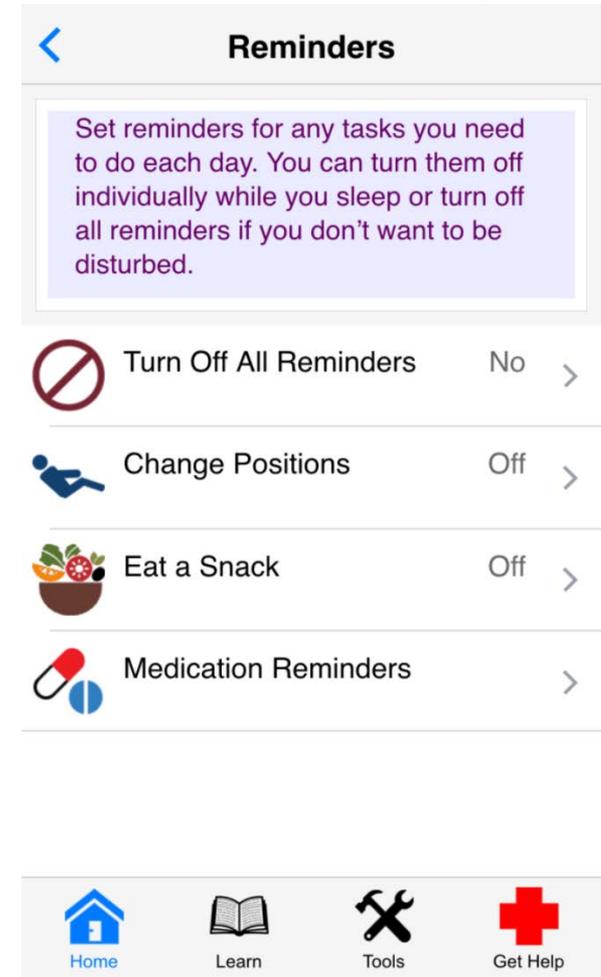


Set Reminders



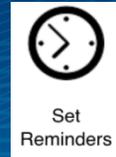
Reminders

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





Reminders Examples



Medication Reminder

< **Med Reminder**

Create a reminder to help you keep track of taking your medications.

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

Home Learn Tools Get Help

Change Position Reminder

< **Reminders** Done

Change Positions

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 Yes No

Frequency Every hour

Do you want to turn off these reminders while you sleep?

Yes No

Home Learn Tools Get Help



Find Symptoms and Causes

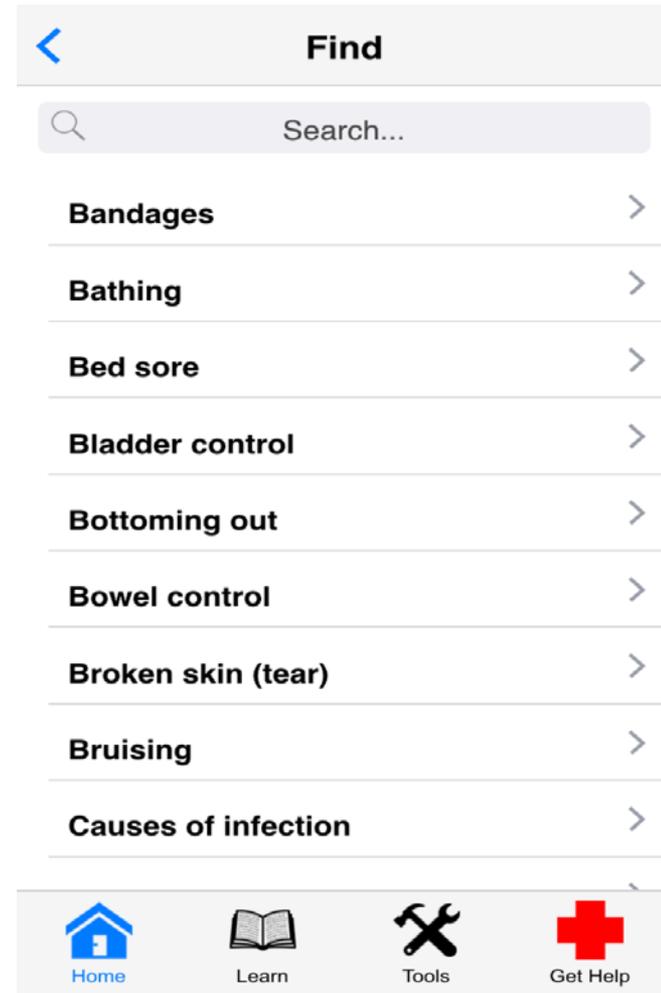


Find Symptoms and Causes

Allows the user 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.





Example of “Find” and “Search



Find Symptoms and Causes

Example, the user 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.





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



Short Cuts



- **Allows users to customize their home screen**

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

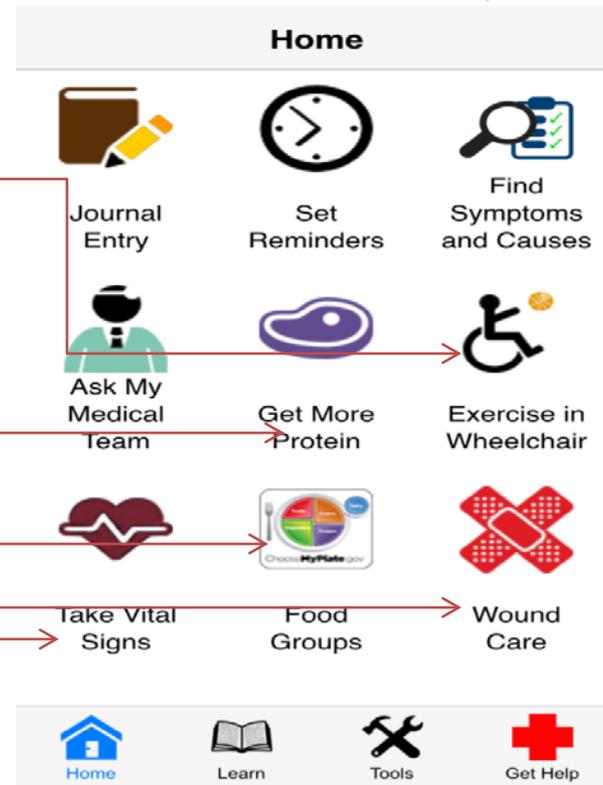


Home Page with Customized

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





Customize Home Screen

Standard

Home

 Journal Entry	 Set Reminders	 Find Symptoms and Causes
 Ask My Medical Team	 Add Shortcut 1	 Add Shortcut 2
 Add Shortcut 3	 Add Shortcut 4	 Add Shortcut 5

 Home  Learn  Tools  Get Help

Customize w/ Short Cuts

Home

 Journal Entry	 Set Reminders	 Find Symptoms and Causes
 Ask My Medical Team	 Get More Protein	 Exercise in Wheelchair
 Take Vital Signs	 Food Groups	 Wound Care

 Home  Learn  Tools  Get Help



VA PUR Tabs on Home Page:



LEARN Tab: Information related to

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

Learn

 ulcers and see simple exercises >

 **Medicines**
Learn ways to organize and keep track of medicines >

 **Pain**
Learn about pain types and ways to manage pain >

 **Vital Signs**
Learn what they are and how to take them >

 **Home Safety**
Learn how to make your home a safer place >

 **Caregiver Tips**
Learn about benefits and taking care of a Veteran >

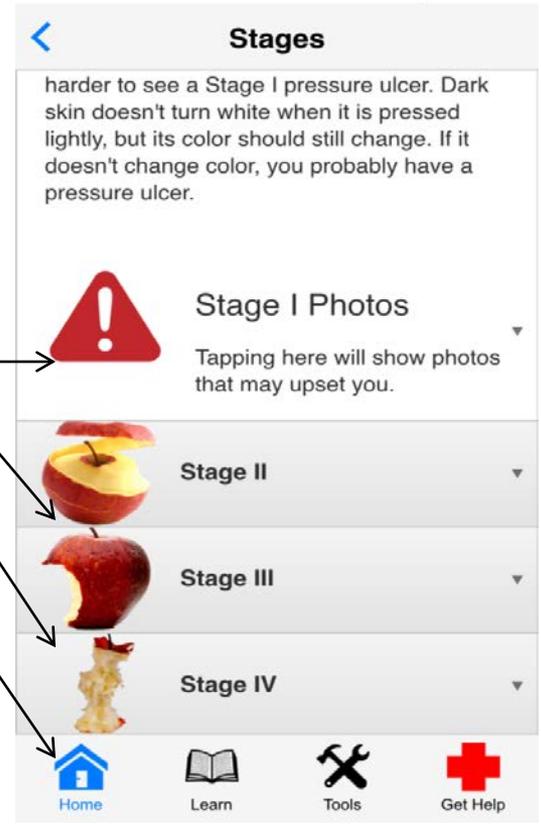
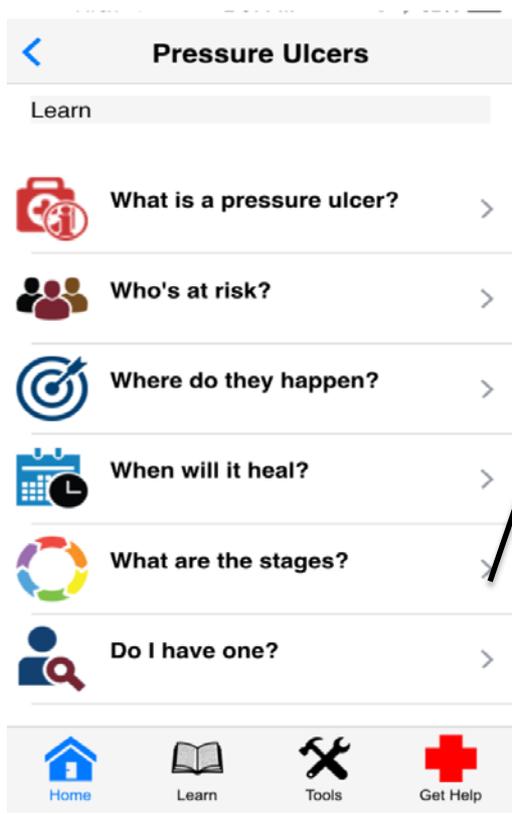
 Home  Learn  Tools  Get Help



“LEARN” : “Pressure Ulcers”

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



“LEARN”: Exercise”



Learn

EXERCISE

- User learns about and can view different 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** >

 Home

 Learn

 Tools

 Get Help



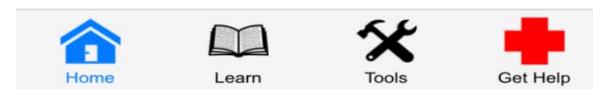
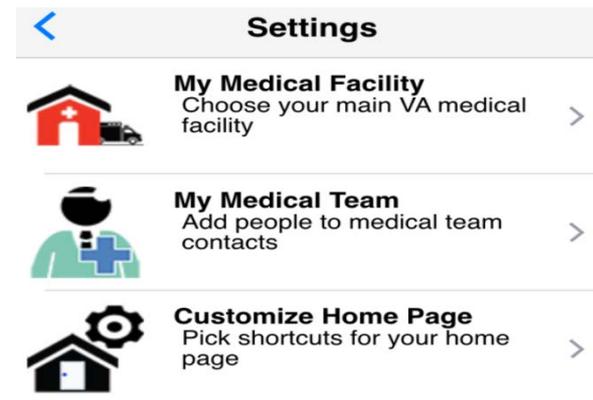
VA PUR Tabs on Home Page: “TOOLS”



Tools includes:

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

Settings tab:





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

Get Help

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

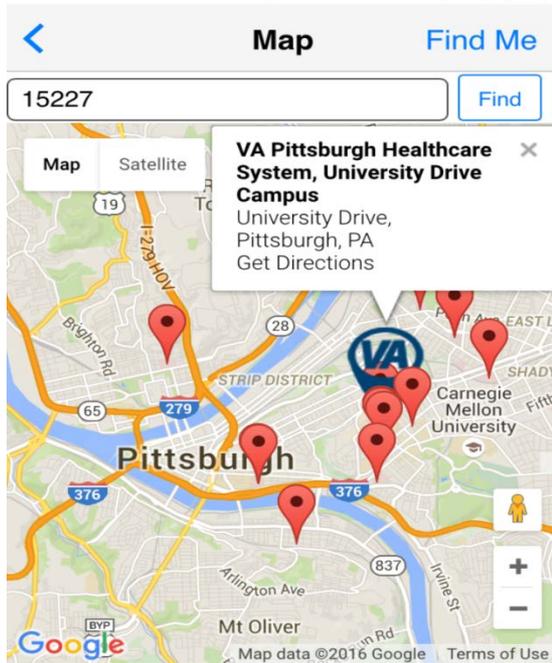
 Call Caregiver Support Line

 Home	 Learn	 Tools	 Get Help
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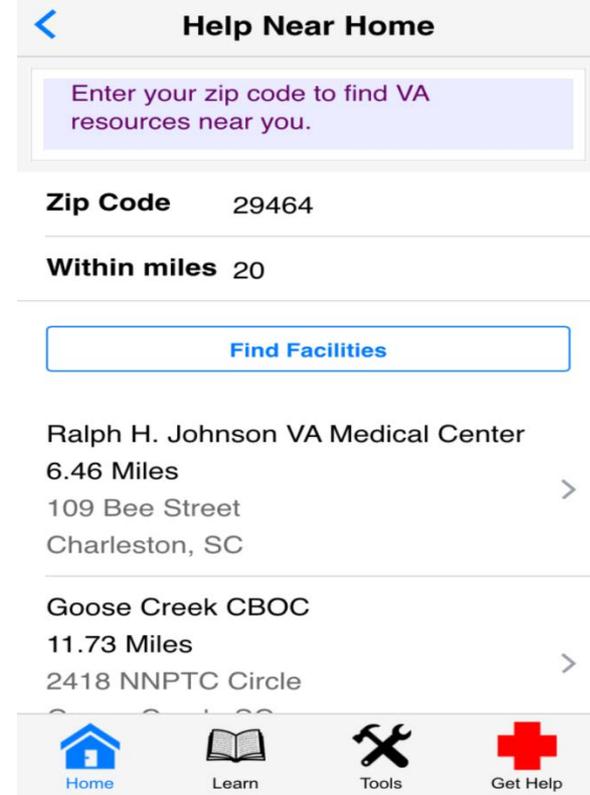


VA PUR Tabs on Home Page: “GET HELP”

“Get Directions”



“Help Near Home”





IMPLEMENTATION OF VA PUR

- **Skin Bundle**
- **Patient & Family/Caregiver & Staff Education**
 - Videos
 - Walkthrough video
 - User guide
 - Quick Start Guide
- **Staff Education/Training**
 - Skills Fair, Competency and CEUs
- **Print Aid: Patient, caregiver & staff**
- **Marketing Cards**



VA MOBILE APP STORE

- <https://mobile.va.gov/app/va-pressure-ulcer-resource>



VA PUR Print Aid

The Basics

What Are the Symptoms?

- Skin redness that doesn't change colors when pressed gently
- Blistered or broken skin
- Red, shiny skin that hurts or is warm to the touch, or feels spongy or hard
- New red, purple, or bruised areas
- Soft, warm, or cool spots
- Swelling or hard areas
- Scrapes, cuts, cracks, blisters, boils, or pimples or other new skin openings
- Part of the skin that hurts or you can't feel anymore

If you have any of these symptoms, **IMMEDIATELY** make an appointment to have the area checked by your medical team.

How Do I Care for It?

- Clean it:
 - Wash closed wound gently with lukewarm water and mild soap
 - Clean open wound with product from medical team or pharmacist
- Dress it: Follow instructions from your medical team
- Watch it: Check wound every time you dress it

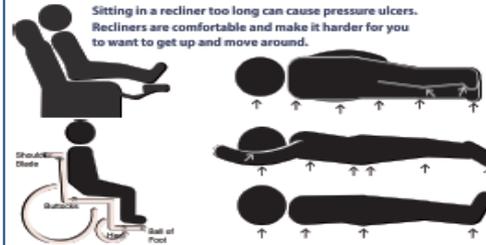
A wound should show signs of healing in 2–4 weeks. **Report pain, oozing fluid, and strong odors IMMEDIATELY.**

When Will It Heal?

A pressure ulcer may take a long time to heal, up to months or years. To heal faster, get pressure off of it. Change positions a lot. Keep the area clean and dry, and eat the diet your medical team tells you to.

Where Do They Happen?

Pressure ulcers happen anywhere bone presses skin against a surface for a long time. This shows the most common places.



Talking to Your Medical Team

If your medical team asks about your pressure ulcer, use these examples to tell them about it.

How big is it?	How does the skin look?	What color is it?	How does it smell?	What shape is it?	When does it hurt?	How much does it hurt?
◦ Blueberry	◦ Blister	◦ Pink	◦ No smell	◦ Round	◦ Hardly ever	0 No pain
◦ Cherry	◦ Boil	◦ Red	◦ Slight	◦ Oval	◦ Sometimes	1 Hardly notice
◦ Grape	◦ Scrape	◦ Purple	◦ Moderate	◦ Irregular	◦ Always	2 Notice
◦ Strawberry	◦ Tear	◦ Black	◦ Strong	◦ Pencil		3 Bugs me
◦ Lemon	◦ Cut	◦ Green	◦ Foul			4 Distracts me
◦ Orange	◦ Skin attached	◦ Yellow	◦ Sweet			5 Slows activities
◦ Pineapple	◦ Skin removed			How deep is it?	How does it hurt?	6 Hard to ignore
◦ Cantaloupe				◦ Head of Q-tip	◦ Burning	7 Stops activities
◦ Honeydew				◦ Half of Q-tip	◦ Aching	8 Awful
◦ Even bigger				◦ Whole Q-tip	◦ Stabbing	9 Cannot bear
				◦ Deeper		10 Worst possible



Like an apple...

How Stages Change Your Skin

Stage I	Skin still covers ulcer. Area may be painful, firm, soft, warmer, or cooler than surrounding areas
Stage II	Skin carefully peeled back and outermost layer gone; ulcer usually open, but not deep
Stage III	Wound deep, ulcer eats into all layers of skin. Fat under skin may be visible, but not bone, tendon, and muscle
Stage IV	A lot of damage exists. Bone, tendon, or muscle are visible and chunks of dead tissue may come off. May connect to another area beneath skin
sDTI	Sometimes bruises don't show how bad damage is. After you bite you realize it is worse than you thought
Unstageable	Completely covered with chunks of dead skin making it too hard to see how deep it

VAHealth

For In-Home Use

Pressure Ulcer Resource

Pressure ulcers, also called pressure sores or bed sores, happen when pressure on your skin cuts off the flow of blood to part of the skin. You may know this sensation if you've had "pins and needles" or said, "my hand/foot fell asleep." Without a blood supply the skin in that area, and the tissue below the skin, starts to break down. Sitting or lying in one position for too long causes the pressure. Pressure ulcers can be painful and heal slowly. If not taken care of, they can get so bad they need major medical care or surgery. They can even cause death. For people at risk of getting pressure ulcers, preventing them is critical.

Who Is at Risk?

- People who:
- Use a wheelchair
 - Are bed-bound
 - Cannot change positions alone
 - Are incontinent
 - Use certain medical devices

If you see any of the symptoms listed in "What Are the Symptoms," **IMMEDIATELY** make an appointment to be checked by your medical team.

My Contacts		
Type	Name	Phone
<i>Primary Doctor</i>		
<i>Specialist</i>		
<i>Specialist</i>		
<i>Specialist</i>		
<i>VA Clinic</i>		
<i>My Caregiver</i>		
<i>Other</i>		

CAREGIVER SUPPORT LINE
1-855-260-3274

Veterans Crisis Line
1-800-273-8255 PRESS 1



Marketing: Wallet Cards



VA Pressure Ulcer/Injury Resource (VA PUR)

A New Mobile Application for PU/PI
Prevention for Veterans and their Caregivers

Download VA PUR Today

<https://mobile.va.gov/app/va-pressure-ulcer-resource>

Assistance

Online technical support 24/7

<http://help.vamobile.us>

Telephone technical support

844-4VA-MOBILE (7am – 7pm CT)

(844-482-6624)



Marketing: Wallet Cards

With VA PUR, you will be able to:

- View resources and tips to prevent pressure ulcers/injuries
- Learn about ways to manage pain and cope with stress
- Set reminders to move, eat and take medications
- Create journal entries to track your pressure ulcer/injury
- View videos to learn about safely transferring and repositioning while in bed or chair
- Learn about making your home a safer place
- Get immediate help and locate nearby medical facilities

<https://mobile.va.gov/app/va-pressure-ulcer-resource>



Click here to download VA PUR
from the Apple App Store



Click here to download VA PUR
from the Google Play Store

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Office of Connected Care



VA Pressure Ulcer/Injury Resource (VA PUR) Mobile App Walkthrough (Marketing)

<https://www.youtube.com/watch?v=pSPKdFOLoLY&t=3s>



Questions

