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

Shantia McCoy-Jones, PhD(c), MSN, RN, CRNP, CWCN
Veterans Health Administration/Office of Nursing Services (VHA/ONS)
Clinical Nurse Advisor
Pressure Injury (PI) Prevention and Management

Wound Specialist
Corporal Michael Crescenz VA Medical Center/Philadelphia, PA
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
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.

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=umlMiIpLAIIM
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

☐ To create a journal
☐ View saved journal entry
☐ Check skin turgor (elasticity)
☐ Check for blanching (change is skin color with light pressure)
Set Reminders

Reminders

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

VA Pressure Ulcer Resource App (VA PUR)
Reminders Examples

Medication Reminder

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

Drug Name: [Blank]

When I take: [Blank]

How far apart: [Blank]

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

Change Position Reminder

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

Frequency: Every hour

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

VA Pressure Ulcer Resource App (VA PUR)
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.

<table>
<thead>
<tr>
<th>Find</th>
</tr>
</thead>
<tbody>
<tr>
<td>Search...</td>
</tr>
<tr>
<td>Bandages</td>
</tr>
<tr>
<td>Bathing</td>
</tr>
<tr>
<td>Bed sore</td>
</tr>
<tr>
<td>Bladder control</td>
</tr>
<tr>
<td>Bottoming out</td>
</tr>
<tr>
<td>Bowel control</td>
</tr>
<tr>
<td>Broken skin (tear)</td>
</tr>
<tr>
<td>Bruising</td>
</tr>
<tr>
<td>Causes of infection</td>
</tr>
</tbody>
</table>

VA Pressure Ulcer Resource App (VA PUR)
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.
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
Examples of Shortcuts

- Get More Protein
- Exercise in Wheelchair
- Take Vital Signs
- Food Groups
- Wound Care
# Customize Home Screen

## Standard

<table>
<thead>
<tr>
<th>Home</th>
</tr>
</thead>
<tbody>
<tr>
<td>Journal Entry</td>
</tr>
<tr>
<td>Set Reminders</td>
</tr>
<tr>
<td>Find Symptoms and Causes</td>
</tr>
<tr>
<td>Ask My Medical Team</td>
</tr>
<tr>
<td>Add Shortcut 1</td>
</tr>
<tr>
<td>Add Shortcut 2</td>
</tr>
<tr>
<td>Add Shortcut 3</td>
</tr>
<tr>
<td>Add Shortcut 4</td>
</tr>
<tr>
<td>Add Shortcut 5</td>
</tr>
</tbody>
</table>

## Customize w/ Short Cuts

<table>
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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Journal Entry</td>
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<tr>
<td>Ask My Medical Team</td>
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<tr>
<td>Get More Protein</td>
</tr>
<tr>
<td>Exercise in Wheelchair</td>
</tr>
<tr>
<td>Take Vital Signs</td>
</tr>
<tr>
<td>Food Groups</td>
</tr>
<tr>
<td>Wound Care</td>
</tr>
</tbody>
</table>

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VA Pressure Ulcer Resource App (VA PUR)
VA PUR Tabs on Home Page:

LEARN Tab: Information related to

- Pressure Ulcers/Injuries
- Nutrition
- Exercise
- Medicines
- Pain
- Vital Signs
- Home Safety
- Caregiver Tips
Click on “Pressure Ulcers (PUs)”: Questions will appear related to PUs

Then click on a question such as: “What are the stages?"
“LEARN”: Exercise

**EXERCISE**

- User learns about and can view different examples of exercises.

**“How can I get started?”**

![Getting Started](image)

- 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
Tools includes:

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

Settings tab:

- My Medical Facility
  Choose your main VA medical facility

- My Medical Team
  Add people to medical team contacts

- Customize Home Page
  Pick shortcuts for your home page
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
VA PUR Tabs on Home Page:
“GET HELP”

“Get Directions”

“Help Near Home”

Help Near Home

Enter your zip code to find VA resources near you.

Zip Code: 29464
Within miles: 20

Find Facilities

Ralph H. Johnson VA Medical Center
6.46 Miles
109 Bee Street
Charleston, SC

Goose Creek CBOC
11.73 Miles
2418 NNPTC Circle
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
• https://mobile.va.gov/app/va-pressure-ulcer-resource
**The Basics**

**What Are the Symptoms?**
- Skin reddens 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
- Scratches, 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, nesting fluid, and strong odors IMMEDIATELY.

**Where Do They Happen?**
Pressure ulcers happen anywhere bone presses skin against a surface for a long time. This shows the most common places.

Sitting in a recliner too long can cause pressure ulcers. Bedliners are comfortable and make it harder for you to want to get up and move around.

**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 it. Change positions a lot. Keep the area clean and dry, and eat the diet your medical team tells you to.

**Talking to Your Medical Team**
If your medical team asks about your pressure ulcer, use these examples to tell them about it.

<table>
<thead>
<tr>
<th>How big is it?</th>
<th>How does the skin look?</th>
<th>What color is it?</th>
<th>How does it smell?</th>
<th>What shape is it?</th>
<th>When does it hurt?</th>
<th>How much does it hurt?</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>No changes</td>
<td>Pink</td>
<td>No smell</td>
<td>Round</td>
<td>No pain</td>
<td>0</td>
</tr>
<tr>
<td>Sometimes</td>
<td>Pressure ulcer moister</td>
<td>Red</td>
<td>Hardly notice</td>
<td>Irregular</td>
<td>Hardly notice</td>
<td>1</td>
</tr>
<tr>
<td>All the time</td>
<td>Pressure ulcer moister</td>
<td>Black</td>
<td>Always</td>
<td>Pencil</td>
<td>Notice</td>
<td>2</td>
</tr>
</tbody>
</table>

**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 to expose innermost layer gone; ulcer usually open, but not deep.
- **Stage III** Ulcer that might stay open. Ulcer eats into all layers of skin. Fat under skin may be visible, but not bone, tendon, or 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.

**What does the drainage look like?**
- Thin, clear, and runny like water
- Bloody – freshly bleeding
- Thin, thin, and watery
- Thick, watery, and cloudy and yellow or tan
- Thick and tan, yellow, green, or brown

**Is it draining?**
- No
- Sometimes
- All the time

**What does the drainage look like?**
- Normal: Pressure ulcer drainage, drainage stays inside bandage
- Medium: Pressure ulcer drainage, drainage starts to leak onto clothing or bed

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**Pressure Ulcer Resource**
Pressure ulcers, also called pressure sores or bed sores, happen when pressure on your skin cuts off the blood flow 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. 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.

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**

<table>
<thead>
<tr>
<th>Type</th>
<th>Name</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Doctor</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Specialist</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Specialist</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VA Clinic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>My Caregiver</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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**For In-Home Use**

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

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**VA Pressure Ulcer Resource App (VA PUR)**
The Keys to Prevention

Caring for Your Skin
- Clean skin with mild soap and warm water
- Gently pat dry or use a no-rinse cleanser
- Use lotion or a barrier cream daily
- Choose clothes that pull moisture from the skin
- Don’t wear pants/jeans with heavy seams
- Check the skin every day
- Use a mirror to check hard-to-see places

Managing Incontinence
- Change pads or diapers a lot
- Use only 1 pad at a time
- Clean dirty skin immediately and gently
- Apply barrier cream after every change
- Wrap a single pad around your penis
- Place diapers under you without fastening

Tips for Caregivers
- Exercise to stay healthy and prevent yourself a break from caregiving
- Take 5 minutes a day to call or email a friend, relative, or neighbor
- Use gentle care to relieve stress and increase your own health
- Join a support group or get counseling to learn coping skills and share caregiving resources
- Protect your back by lifting properly
- Eat right to stay healthy
- Stay outside the home, ask for a flexible schedule, see patients at home, or telecommute
- Get 70 hours of sleep nightly or take 20-minute power naps
- Try meditation or relaxation techniques to help you relax or sleep

Eating Right
Use the sections on this plate as a guide to make choices that are eating the right amount of fruits, grains, vegetables, proteins, and dairy with each meal. Eating right helps prevent and heal pressure ulcers.

10 Budget-Friendly High Protein Foods
- Canned tuna
- Canned salmon
- Eggs
- Canned beans
- String cheese
- Ground turkey
- Frozen chicken
- Canned white beans
- Liver
- Low-fat cheese

VA Health
Pressure Ulcer Resource

For In-Home Use

Keep track of your medications here and take this to your appointments.

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Name</th>
<th>Dose (mg)</th>
<th>How Often I Take It</th>
</tr>
</thead>
</table>

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

https://www.youtube.com/watch?v=pSPKdFOLolY&t=3s
Questions