



Virtual Wound Check Study

Instructions: How to Upload a Photo to MyHealthConnection Using the UCHealth App

IRB #17-1179

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Questions, or need help? Contact Rebecca Guigli at 303-724-9942 (desk) or 303-503-5224 (cell) or by email at Rebecca.guigli@ucdenver.edu.

Thank you for joining our research study testing a virtual wound visit after you receive a defibrillator or pacemaker at UCHealth!

Please find instructions and example photos on how to send your doctor at UCHealth a picture of your wound for the virtual visit.

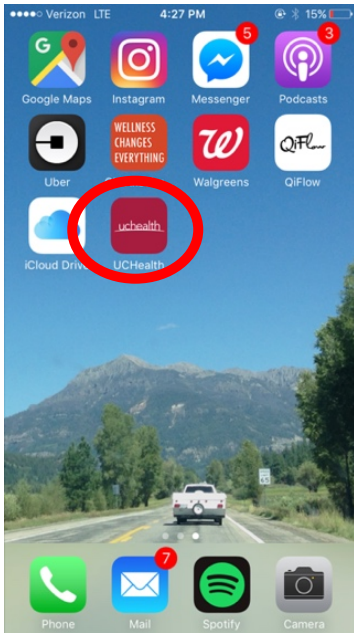
The short questionnaire for your virtual visit phone call is attached at the end of this packet. Please complete this questionnaire prior to your virtual visit, and bring it to your in-person visit at UCHealth.

These instructions are for how to upload a photo through the UCHealth app on your smartphone. If you need instructions for how to upload a photo through a web browser, either on your smartphone or computer, please contact Rebecca Guigli.

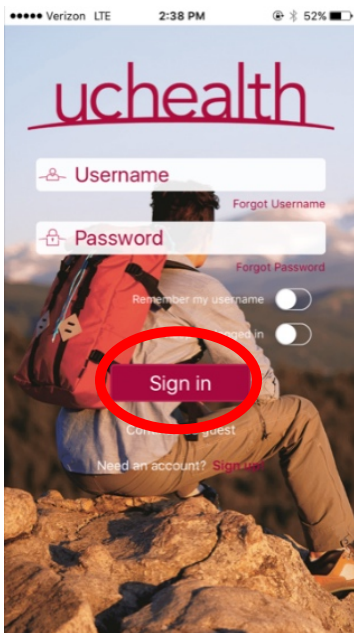
Please note, you will need to login to your MyHealthConnection online account. The study's research assistant, Rebecca Guigli, will be happy to help you find this information.

Instructions on how to use the UCHealth app on your smartphone to upload a photo to MyHealthConnection:

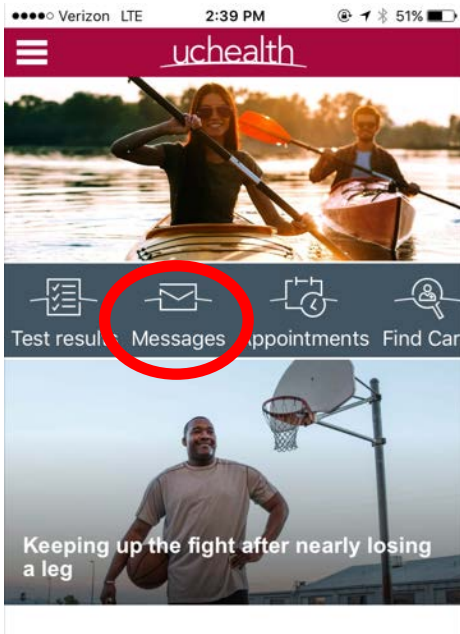
1. Open the UCHealth app on your smartphone.



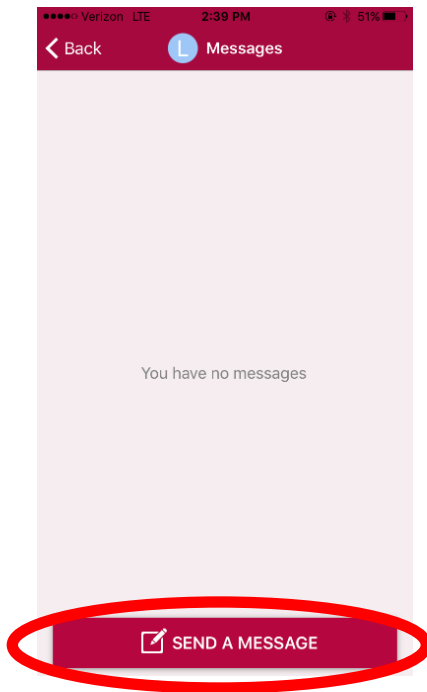
2. Login using your Username and Password and click “Sign In.”



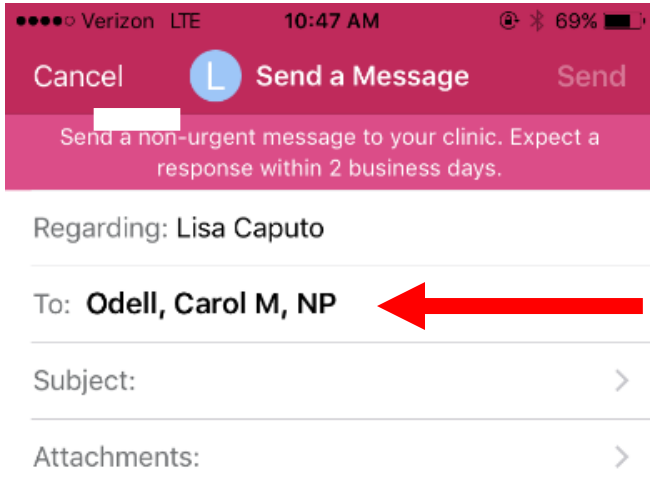
3. You're in your account! Now, click on "Messages" in the center blue task bar.



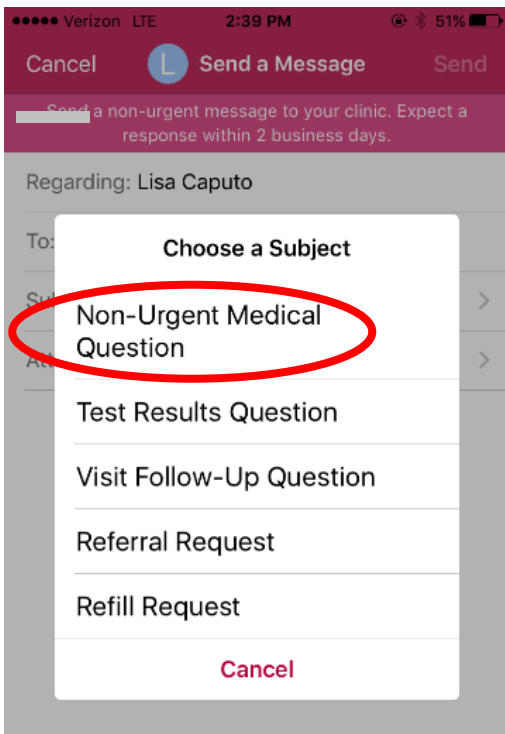
4. Click on the bottom red box that says "Send a Message."



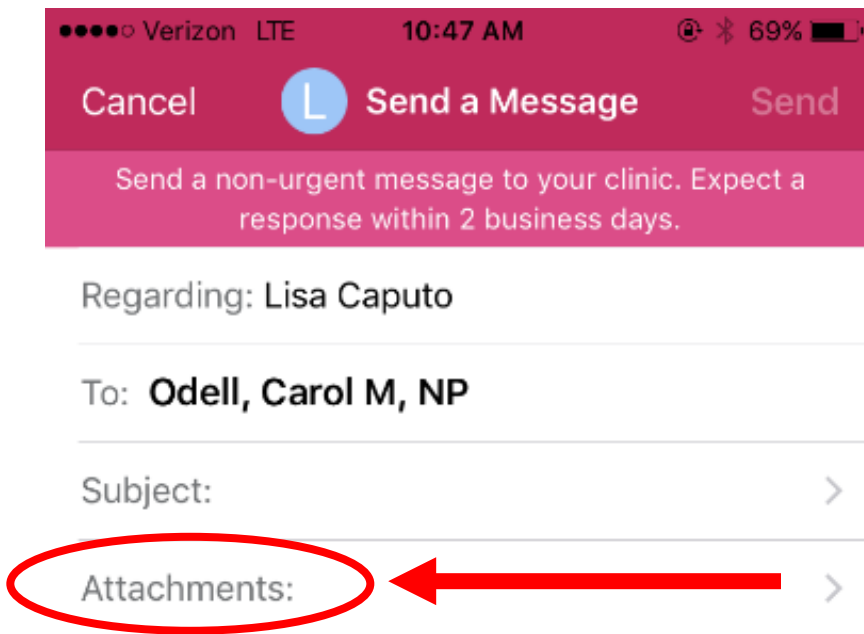
5. Click on “To” box and select your cardiologist’s name from the pop up menu.



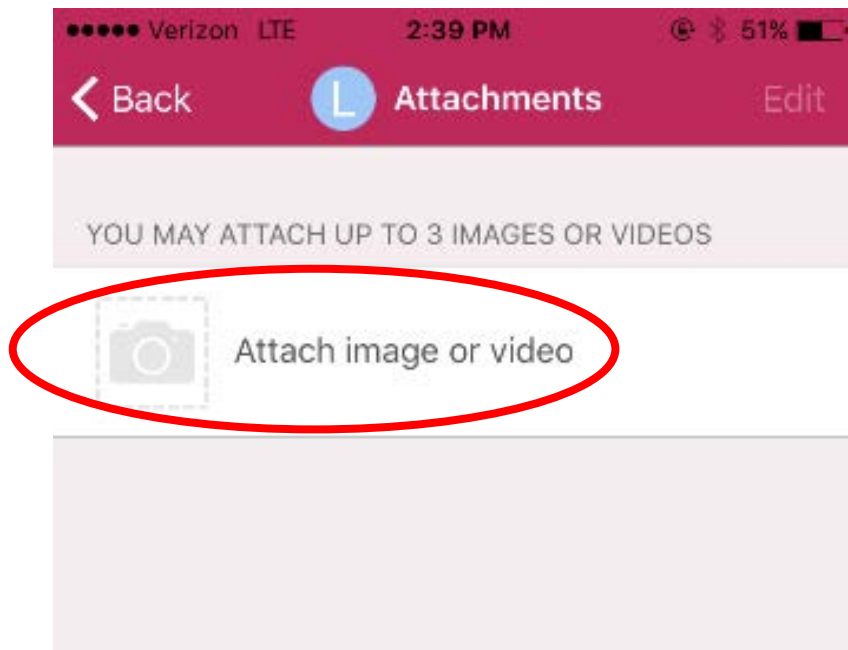
6. Select the subject line “Non-Urgent Medical Question” from the pop up menu.



7. Almost there! Now, attach your photo. Below the “Subject” box, you should see a line saying “Attachments.” Click the “Attachments” box.



8. Click on “Attach image or video.”



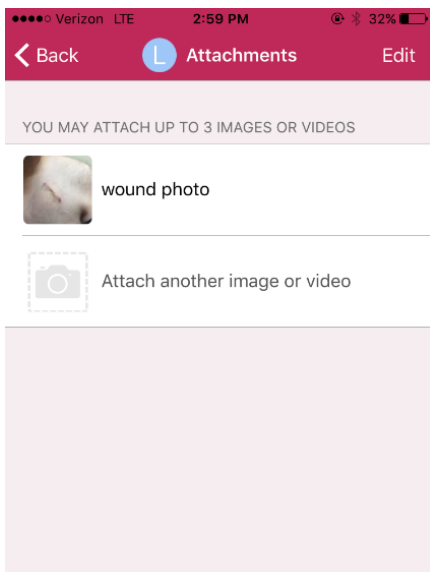
9. Select **“Use Camera”** if you haven’t taken a photo yet or **“Chose from Album”** if you’ve already taken the photo with your camera.

If you select **“Use Camera,”** you’ll take a photo from your camera

You’ll want to make sure you put the camera in **“selfie mode”** by selecting the bottom icon of the camera with two arrows in it.



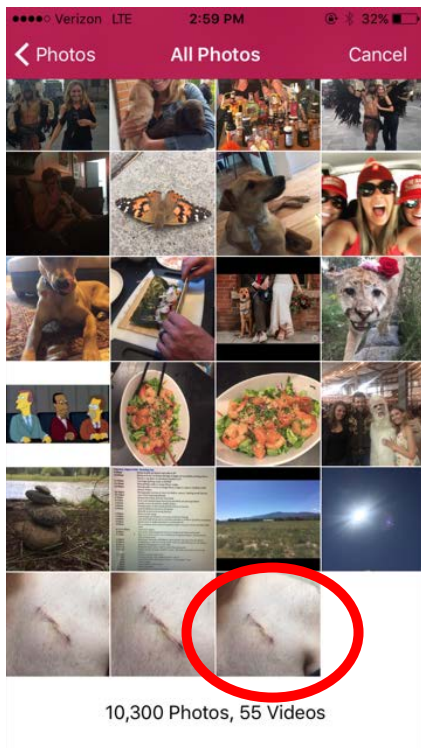
Once you take a photo and select **“Use Photo,”** the photo gets added to your message.



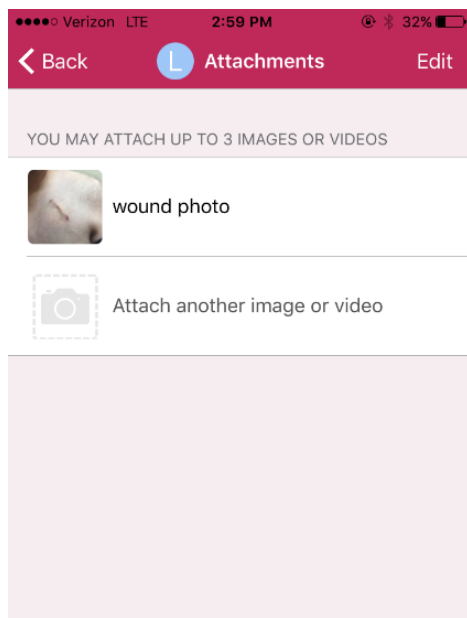
In order to complete the upload of the photo, you must give the photo a file name, such as “wound” or “incision”.

If you select **“Chose from Album,”** you’ll use an existing photo in your phone.

Click on **“All Photos”** and select the photo you’d like to upload.



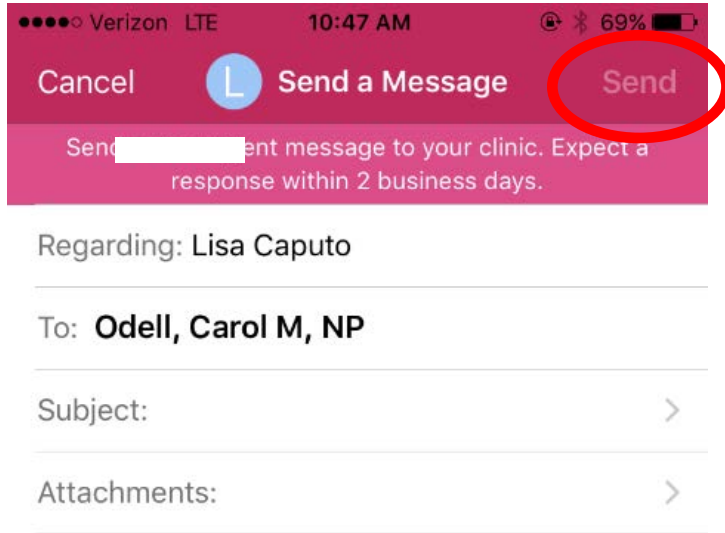
Once you choose a photo and select **“Use photo,”** the photo gets added to your message.



In order to complete the upload of the photo, you must give the photo a file name, such as “wound” or “incision”.

10. You can ignore the text box!

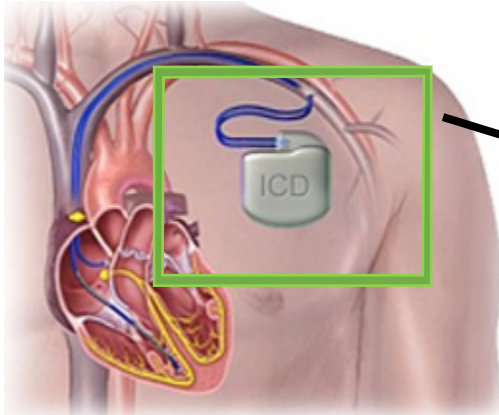
11. Click on the “Send” button in the top right hand side of the screen.



12. Congratulations, you did it! You should see a confirmation page that look like this image below. The Cardiology clinic will call you at your scheduled time to finish up your virtual visit. If you are unsure of your virtual visit appointment time, please contact Rebecca Guigli (contact information is on first page of instruction packet).

TIPS FOR TAKING A GOOD PHOTO:

- 1) Hold the camera at an arms-length away from your wound
- 2) Take the photograph in a well-lit room – Do not use a flash
- 3) Be sure to show the entire wound and the area around the wound, especially below the wound where the pacemaker or defibrillator sits under your skin



This green box shows the area around the wound that needs to be included in the photo. Since the pacemaker or defibrillator sits underneath the wound, it is important to include the skin around the wound so we can look for signs of infection or swelling.

Examples of good photos:

Notice, the images are clear and focused, and you can see the entire wound and the area around the wound. It is important that we can see the skin around the wound in order to look for infection.



*Your wound may or may not have the strips (called Steri-Strips) as seen in the right image. **DO NOT** remove any of these strips from your wound! We are able to assess the wound for infection with or without these strips on the wound.*

Examples of photos that we can't use to assess for infection:

In these photos below, the wound and the area around the wound are not visible.



In this picture below, it is too dark for our nurses and doctors to assess the wound for infection.



Virtual Visit Questionnaire:

Please complete the questions below prior to your virtual visit phone call with a nurse. These are the questions you will be asked during your virtual visit phone call. Then bring the completed questionnaire to your in-person clinic visit at UCHHealth. Please circle your answers below.

- | | | |
|--|-----|----|
| Have you had a fever (temperature greater than 101 F or 38 C)? | YES | NO |
| Is your wound warm to touch? | YES | NO |
| Is your wound red? | YES | NO |
| Has the wound opened at all? | YES | NO |
| Is there fluid draining from your wound? | YES | NO |
| Is the area around your wound swollen? | YES | NO |
| Is your wound pain well-controlled? | YES | NO |