



Virtual Wound Check Research Study

Instructions: How to Upload a Photo to MyHealthConnection Using a Web Browser

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.

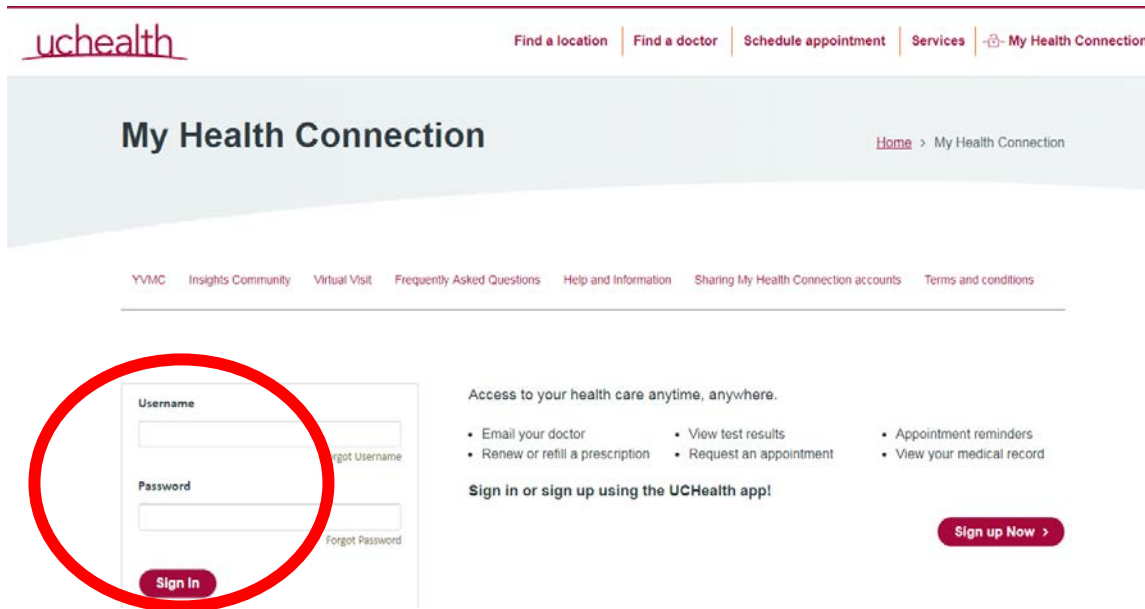
The short questionnaire for your virtual visit phone call is attached at the end of this packet. Please complete this questionnaire prior to your virtual visit, and bring it to your in-person visit at UCHealth.

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

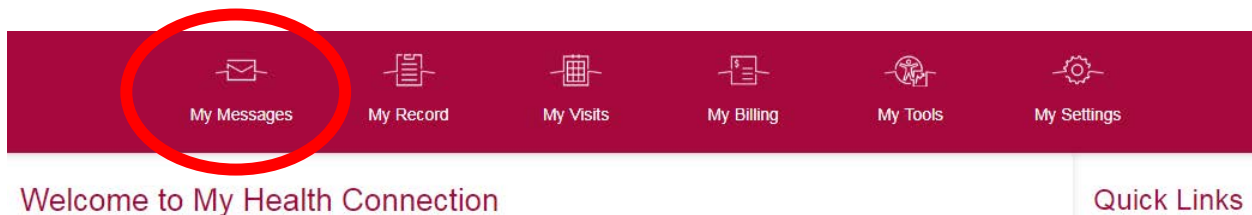
Please note, you will need to login to your MyHealthConnection online account. The study's research assistant, Rebecca Guigli, will be happy to help you find this information.

Instructions on how to use a web browser to upload a photo to MyHealthConnection (computer or smartphone):

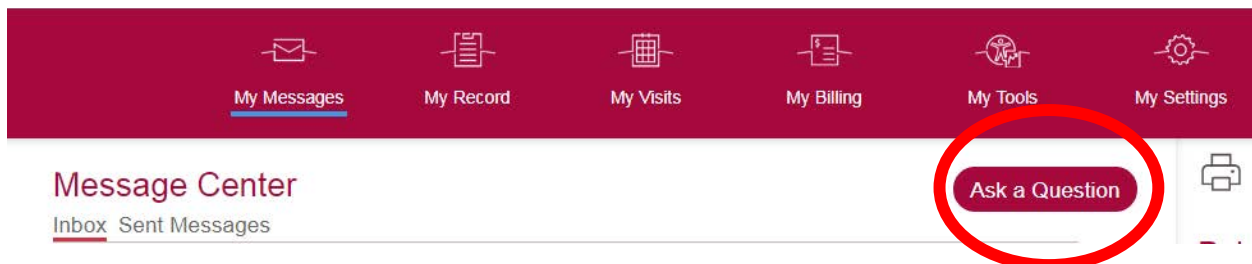
1. Go to the website: <https://www.uchealth.org/access-my-health-connection/>
Or google "UCH MyHealthConnection"
2. Login using your Username and Password and click "Sign In."



3. You're in your account! Now, click on the "My Messages" icon in the task bar at the top of the page. Then choose "Message Center" from the drop down menu.



4. While in the "Message Center," you should see an "Ask a Question" icon to the right of the page, under the task bar. Click on the "Ask a Question" icon.



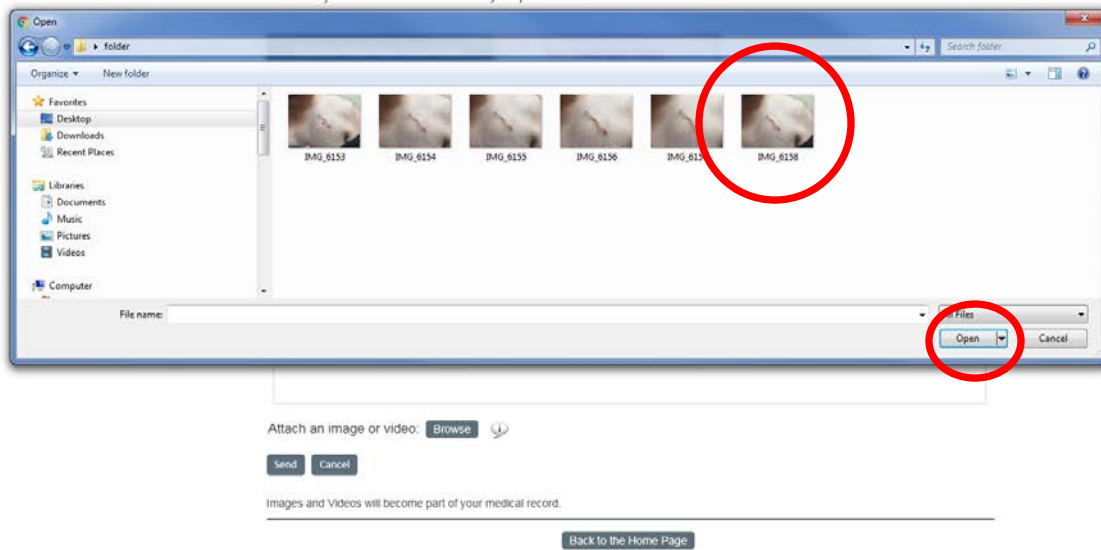
5. You have now created a new message! There are three parts needed to complete your message:

- Choose a Recipient – this is where you select your cardiologist from the first drop down menu.
- Select a Subject – select “Non-Urgent Medical Question” from the second drop down menu.
- Attach Your Photo – below the text box, you should see an “Attach an Image or Video” icon. Click on the “Attach an Image or Video” icon to bring up the photo browsing options.

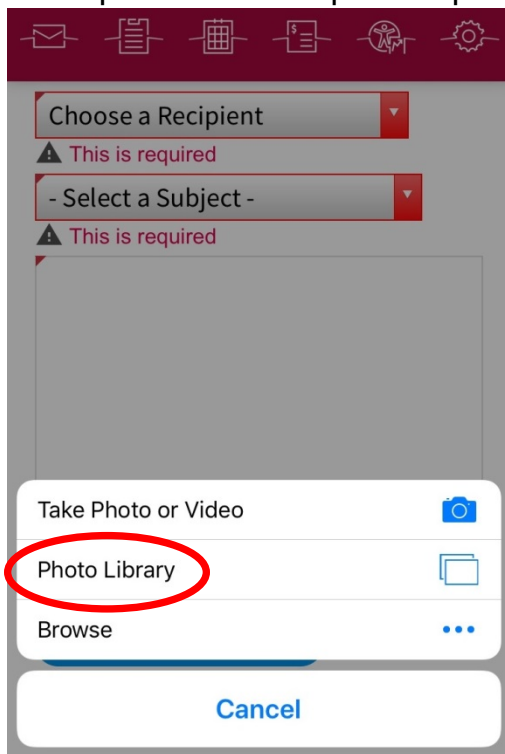
The screenshot shows the 'Ask a Medical Question' form. At the top is a dark red navigation bar with icons and labels for 'My Messages', 'My Record', 'My Visits', 'My Billing', 'My Tools', and 'My Settings'. Below the navigation bar, the form title 'Ask a Medical Question' is followed by a help icon. The instructions state: 'All pieces of information are required to request medical advice. Expect a response within two business days.' There are two dropdown menus: 'Choose a Recipient' and '- Select a Subject -'. Both have a red warning icon and the text 'This is required'. A large text area is below the dropdowns. At the bottom left, there is a blue button labeled 'Attach an image or video' and a grey button labeled 'Send'. Red arrows and boxes highlight these elements with instructions: 'Select your cardiologist here' points to the first dropdown, 'Select “Non-Urgent Medical Question” here' points to the second dropdown, and 'Go to the next step (#6) to view the photo browsing options' points to the 'Attach an image or video' button.

6. Now, find that photo that you saved on your computer or smartphone.

Computer Photo Upload Option:



Smartphone Photo Upload Option:



7. You're almost done! This is what your completed message should look like. Once you are ready, click the "Send" icon at the bottom of the message.

Ask a Medical Question

All pieces of information are required to request medical advice.

Expect a response within two business days.

Lebduska, Elena R, MD

Non-Urgent Medical Question

Attach another image or video ⓘ

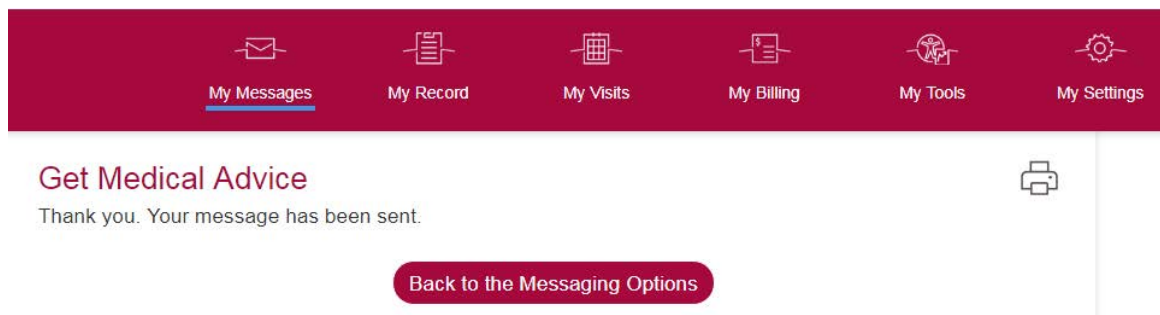
Attachments



Wound Photo

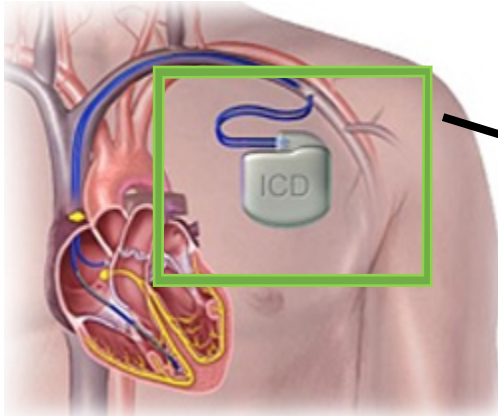
Send

8. **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 we 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 |