Electronic Personal Health Records: WHAT THE DNP NEEDS TO KNOW

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I really do not know why my PCP sent me here...

I take a little pink pill, a heart pill and a fluid pill.....

I can’t remember all of the surgeries I have had

I'm tired of having to give my history to 8 different people at this place

I know they gave me some pills in the ER... for infection....

PERSONAL HEALTH INFORMATION MANAGEMENT WITHOUT THE PHR
WHAT IS AN ELECTRONIC PHR?

MOVING FROM THIS ...

TO THIS...
A universally accessible, layperson comprehensible, lifelong tool for managing relevant health information, promoting health maintenance and assisting with chronic disease management via an interactive, common data set of electronic health information and e-health tools.
An Internet based set of tools that allows people to access and coordinate their life-long health information and make appropriate parts of it available to those who need it.
An electronic record of health-related information on an individual that conforms to nationally recognized interoperability standards and can be drawn from multiple sites while being managed, shared, and controlled by the individual.
ePHR

- HISTORY
- FINANCIAL ASPECTS
- STAKE HOLDERS
Project HealthDesign
Rethinking the Power and Potential of Personal Health Records

A New Vision
Project HealthDesign is forging a new vision of personal health records and their applications.

Learn more about Project HealthDesign »
Health Design must consider DATA

Critical information is locked away in incompatible silos where it cannot be shared and leveraged.
ePHR

**ATTRIBUTES**

- Patient in control of access to a PHR which is secure, and private

- Focus is on user/consumer and personal health information needs

- Central place for users to collect, store, manage, and share personal health information

- Interoperability between devices and PHR

- Allows for tracking of health information, meds, and clinical data

Markle Foundation, 2003
- Patient empowerment as a consumer
- Fosters continuity of care
- Facilitates decision making
- Overall... IMPROVES QUALITY OF CARE & SAFETY

Hebda & Czar (2010); Kupchunas (2007)
ePHR

DISADVANTAGES

-Lack of consumer awareness

-Security & privacy issues

-HIPAA

-Data access-dependent on internet access

-Ownership

-Incorrect Data possible

Hebda & Czar (2010)
ePHR

INCREASING CONSUMER AWARENESS

EDUCATION

- COMPUTER COMPETENCY
- INTERNET ACCESS
- HEALTH LITERACY

Kahn, Aulakh & Bosworth (2009)

http://www.youtube.com/watch?v=5bqBIT_MTBI
3 Tier Access Model
1. Visitors
2. Registrants
3. In-Person Authenticated (IPA)

• Improve access to services
• Enhance health literacy
• Improve communication
• Enhance satisfaction
• Improve care coordination
• Develop interoperability
In the Spotlight

What is Healthy Living?

APRIL 2010

When people meet someone who looks good and seems very energetic for his/her age, they often say, "it must be because of all that healthy living." There may be some truth to that observation. Practicing healthy living generally makes people feel good and have more energy than people who do not practice healthy habits. Does it actually make one look younger than their age, who knows? What is clear is that practicing healthy living habits does bring benefits for one's health. So what are these healthy living habits? Read More »

Foot Care: How to cut toenails correctly

Most people can cut their own toenails. It is important to know the correct way to cut your toenails. This will help to keep your feet healthy and prevent problems. Read More »

What is the Shake on Salt?

The shake is that most Americans eat too much salt in their food! It is known that salt is an acquired taste. We are not born wanting salt on our fries. Read More »

We Thank You for Your Service

The Department of Defense notifies VA when service members are released from active duty. Then VA sends a letter with information about VA benefits and assistance to aid transition to civilian life. You can find help with personal and family concerns, and community readjustment issues. There are also toll-free numbers, VA Web sites, and

Member Login

User ID:
Password:

Forgot User ID?
Forgot Password?
First time My HealtheVet user? Register today!

Virtual Tour

Get a peek at the many features you can find on My HealtheVet. You can view it online or save it to your PC.
Download (ZIP 4.1MB) »
Watch the tour now »

Quick Links

• VA National Suicide Prevention Hotline
  If you are in crisis call:
  1-800-273-TALK (8255)

• My HealtheVet Learning Center

• In-Person Authentication

• Get Flash Player Free
Personal Information

My HealtheVet (MHV) has made it easy to keep track of your Personal Information. MHV is all about you and your health. Part of your personal online health journal is your identification. When you registered for My HealtheVet, you entered important information about yourself. This is where you’ll find it, along with other important facts like your login information, blood type and emergency contacts.

- **In Case of Emergency**
  - Keep your emergency contacts in one place...
  - More »

- **My Profile**
  - Your name, address and identifying information...
  - More »

- **My Account**
  - Manage your account, in-person authentication...
  - More »

- **Change your password**
  - Change your My HealtheVet password here...
  - More »
HEALTH INFORMATION CARD

BLOOD TYPE:
EMAIL:
ALLERGIES:
MEDICAL CONDITIONS:

This information is self-entered and unverified.

PRIMARY PROVIDER:
PHONE:
PRIMARY INSURANCE:
ID #:
GROUP #:
PHONE:

EMERGENCY CONTACT: H:
W:
M:

Always keep this card with you as easy access to your health contact information.
In case of emergency, contact 911.
Pharmacy

Since its introduction in August 2005, Prescription Refill continues to be the most popular feature of My HealtheVet. Prescription Refill, Prescription History and your Medications health log can be found here in the Pharmacy section.

- Refill My Prescriptions
  Do you need to refill your prescriptions? Do it online... More »

- Prescription Refill History
  See the prescriptions you have had refilled online... More »

- My Medications + Supplements
  Track medicines, herbals & supplements you take... More »

- My VA Medication List
  See the medicines your VA Doctors have prescribed... More »
Research Health

The Research Health section of My HealtheVet is where you can get health information, research a topic, and simply learn more about your health. Read about common conditions and VA health programs. Get answers to your health questions from trusted medical resources. My HealtheVet makes it easy to stay informed by bringing a wealth of information right to your fingertips.

Healthy Living Centers

Healthy living means taking certain steps to help avoid illness... More »

Diseases + Condition Centers

Find information for common illnesses and conditions... More »

Mental Health

From holiday blues to the stresses of being a soldier... More »

Medical Library

My HealtheVet provides two extensive online medical libraries... More »

VATV – Presented in a talk-show format, this inspiring and informative television series addresses health issues and provides other important information.

Health Fact

The Best Offense Is A Good Defense! Eating a balanced diet, getting enough sleep, and exercising can help your immune system better fight off the germs that cause illness.
Get Care

The Get Care section of My HealtheVet is designed as a place for you to organize your health care related information so it is handy when you need it. Also, find the nearest VA medical center using the VA Facility Locator. Get Care is a convenient location to keep track of your health care providers, your treatment locations and your health insurance information. My HealtheVet makes it easy to get organized with your health information. Get started today!

Care Givers
Keep track of health care providers in one place...
More »

Treatment Facilities
Record the places you have been treated...
More »

My Coverage
Keep your insurance information in one place...
More »

Health Calendar
Schedule meetings, appointments, and todos...
More »
Secure Messaging

Open Secure Messaging
Secure Messaging

From: DEMOPATIENT, MHVSM
To: Dayton 3
Subject: Change of Address Request

Compose Message:

Please note that we need 3 business days to respond to secure messaging.

We will notify you when we have updated your address or phone number. Until that time, mail or phone calls may still go to your old address or phone number.

I have a new address and/or phone number. Please update your records with the following:
Track Health

The Track Health section allows you to record and track your health information in one convenient location. Record your allergies and immunizations for reference. Record and monitor your blood pressure, body weight and more in the Vitals section. Even see a graph of your progress. You can also journal your exercise routine and food intake in the Journals section. Using the Medical History logs, you could print out your entire record in a handy doctor's sheet. My HealtheVet has provided dozens of way to manage your health care. Start tracking your health today!

Vitals + Readings
Nine ways to monitor your health statistics online... More »

Labs + Tests
Keep track of your lab results and tests here... More »

Health History
Record your health history, medical events and more... More »

Journals
Record your daily activity and food intake... More »
Microsoft Health Vault
Welcome

Welcome to Mayo Clinic Health Manager, a free tool you can use easily to manage your family’s health online — no matter where you receive your health care.

You’ll get personalized guidance developed by the experts at Mayo Clinic. Plus you can organize your family’s health information all in one place.

Take a tour

- Welcome
- Manage your family’s health
- Access your information
- Get personalized guidance
- Monitor your health
- Make the most of doctor visits

Sign up
Take Charge of Your Health

Take charge of your health

Get a handle on your health with solutions designed to help you reach your health and fitness goals. Once you’ve brought all your data together in HealthVault, you can use it with specialized web applications that help you make smart choices, get organized, and stay on target.

What do you want to do?

Lose or maintain weight
- Weight solutions

Get fit, stay fit
- Fitness solutions

Manage high blood pressure
- Blood pressure solutions

Organize family health info
- Organization solutions

Prepare for emergency
- In case of emergency solutions

Joining HealthVault lets you:
- Organize your health information, with everything in one place
- Simplify your life: enter health info once, use it in many ways
- Gain insight with data that helps you make informed decisions

Create a free HealthVault account
Easy Device Interaction

Track and analyze your health with devices
Gather more data, then do more with it

Health devices—blood pressure monitors, pedometers, glucometers, and more—are a great way to gather valuable information. HealthVault lets you store that information in one central location, then use it with tools that help you track your progress and manage your health and fitness goals.

Looking for a device?
See devices that work with HealthVault

Already have a compatible device?
Most devices require our free HealthVault Connection Center software to upload data to your HealthVault account.
Install Connection Center
System Requirements | Step-by-step guide

How it works
Get a device that works with HealthVault
Connect your device with HealthVault
Track and analyze your data

Joining HealthVault lets you:
Organize your health

Using Devices
Get more out of your health and fitness devices. Save and track your device readings online. HealthVault makes it easy! See how.

Follow us online

Watch Now!
Track Health Data
Available PHRs

• Paper based-free  myphr.com
• Software based-free  www.profileMD.com
• Software based-free  My Family Health Portrait
• Web-based-free  Microsoft HealthVault
• My HealtheVet and AboutMyHealth
• dLife  Dr. I-Net  EMRy  STICK  Google Health
• Records  HealthButler  Healthy Circles
• HealthRecord  It Runs in My Family
More free web based PHR sites

MedicAlert
MedsFile.com
My Doclopedia PHR
myHealthFolders
NoMoreClipBoard.com
Telemedical.com
WorldMedcard

MediCompass
Microsoft Health Vault
My HealtheVet
MyMediList
Patient Power
VIA
ZebraHealth
ePHR - INTERACTIVE EDUCATIONAL TOOL

DNP ROLE: PATIENT EDUCATION

HOW TO CREATE AN ELECTRONIC PERSONAL HEALTH RECORD: WHAT THE CONSUMER NEEDS TO KNOW

DO I HAVE HIGH BLOOD PRESSURE?

WELL, I REVIEWED THE READINGS YOU/uploaded through the web.

AND YOUR AVERAGE READING IS BELOW 135/85
REFERENCES


REFERENCES


