

# Electronic Personal Health Records:

## WHAT THE DNP NEEDS TO KNOW



### Patient History

father does have  
some mild arthritis and  
also has hypertension  
and heart disease.

Winde Chambers, APRN, FNP

Julie Nelson, APRN, WHNP

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

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

**PERSONAL  
HEALTH  
INFORMATION  
MANAGEMENT  
WITHOUT THE  
PHR**

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

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

# WHAT IS AN ELECTRONIC PHR ?

TO THIS...

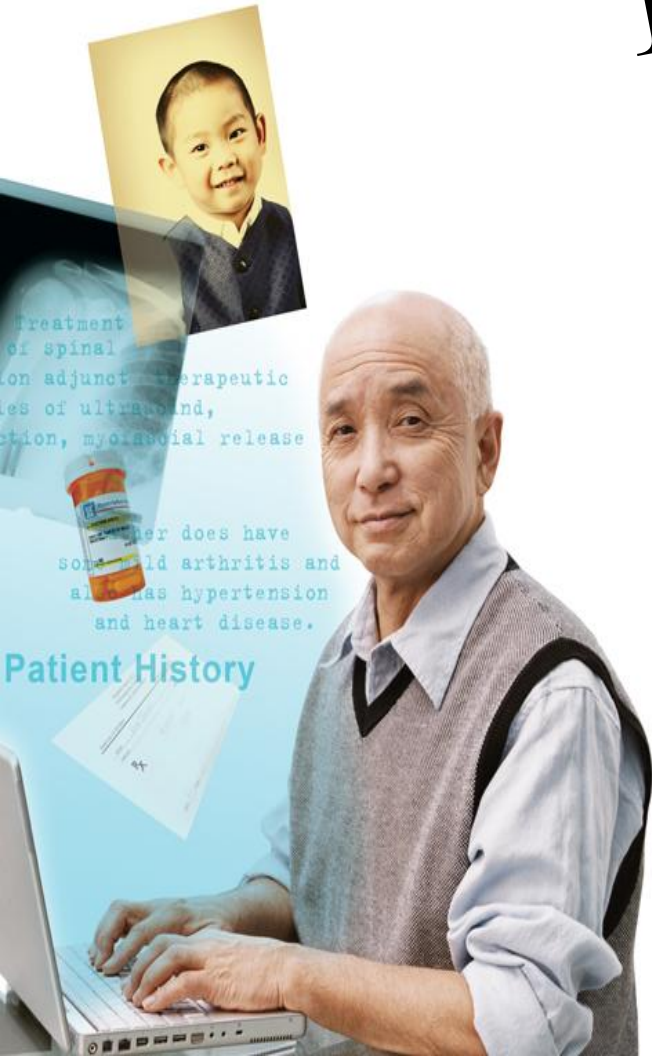
MOVING FROM THIS ...



ePHR

# HIMSS DEFINITION

*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.*





ePHR

# PERSONAL HEALTH RECORDS WORKING GROUP DEFINITION



*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.*

# ePHR

## NATIONAL ALLIANCE FOR HEALTH INFORMATION TECHNOLOGY DEFINITION



*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



# ePHR

Robert Wood Johnson Foundation



# PROJECT HEALTH DESIGN

## Project HealthDesign

Rethinking the Power and Potential  
of Personal Health Records

Contact | RSS | Site Map



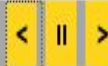
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## A New Vision

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

[Learn more about Project HealthDesign »](#)





# Health Design must consider DATA

Click to increase the magnification of the entire page

## Silos of Health Information

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

3

# 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



# ePHR

# ADVANTAGES

- Patient empowerment as a consumer
- Fosters continuity of care
- Facilitates...decision making improved patient-provider relationships
- Overall...**IMPROVES QUALITY OF CARE & SAFETY**



Hebda & Czar (2010); Kupchunas (2007)

ePHR

# DISADVANTAGES

-Lack of consumer awareness

-Security & privacy issues-  
HIPPA

-Data access-dependent on  
internet access

-Ownership

-Incorrect Data possible





# ePHR

# INCREASING CONSUMER AWARENESS

# EDUCATION

- COMPUTER COMPETENCY
- INTERNET ACCESS
- HEALTH LITERACY

Kahn, Aulakh & Bosworth (2009)

[http://www.youtube.com/watch?v=5bqBIT\\_MTBI](http://www.youtube.com/watch?v=5bqBIT_MTBI)



ePHR

**TETHERED**



*unTethered*



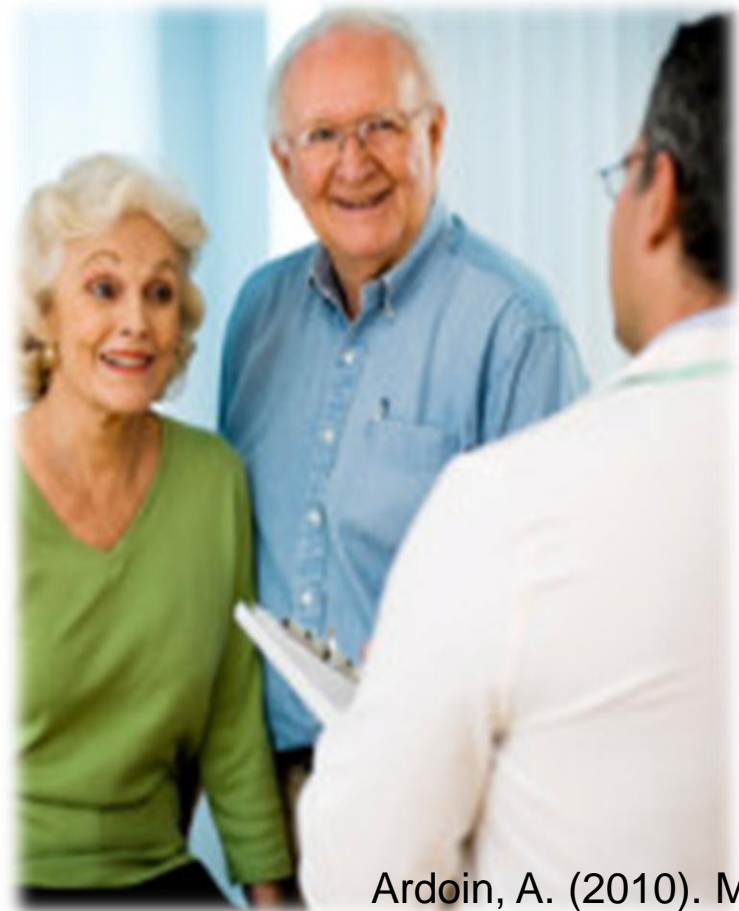
# ePHR



[www.myhealth.va.gov](http://www.myhealth.va.gov)

## 3 Tier Access Model

1. Visitors
2. Registrants
3. In-Person  
Authenticated (IPA)





# GOALS

- 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



- [Prescription Refill](#)
- [Emergency Contacts](#)
- [Providers & Physicians](#)
- [Vitals & Readings](#)
- [Military Health History](#)
- [Medical Library](#)
- [VA Honors Veterans](#)

### Virtual Tour

Get a peek at the many features you can find on My HealthVet . You can view it online or save it to your PC. [Download \(ZIP 4.8Mb\) »](#)  
[Watch the tour now »](#)

- [Transcript \(PDF 28Kb\)](#)
- [Transcript \(Word 52Kb\)](#)
- [Get Flash Player Free](#)

### Member Login

User ID:

Password:

[Login](#)

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[Forgot User ID?](#)  
[Forgot Password?](#)  
First time My HealthVet user? [Register today!](#)  
[REGISTER](#)

- ### Quick Links
- [VA National Suicide Prevention Hotline](#)  
**If you are in crisis call:**  
**1-800-273-TALK (8255)**
  - [In-Person Authentication](#)
  - [Flu Information](#)
  - [My HealthVet Learning Center](#)



VA Home



VA Facility Locator About MHV Help FAQs Contact MHV Search:

HOME PERSONAL INFORMATION PHARMACY RESEARCH HEALTH GET CARE TRACK HEALTH MHV COMMUNITY
IN CASE OF EMERGENCY PROFILES ACCOUNT HEALTH INFORMATION CARD

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**

www.myhealthvet.va.gov

H:

W:

M:

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.**



**HEALTH INFORMATION CARD**

www.myhealthvet.va.gov

H:

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BLOOD TYPE:

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## Pharmacy

Since its introduction in August 2005, Prescription Refill continues to be the most popular feature of My HealthVet. 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

Last Fill Date	Prescri Num
01/21/2006	7509931
02/24/2006	4529384
03/19/2006	2375102

See the prescriptions you have had refilled online... [More »](#)

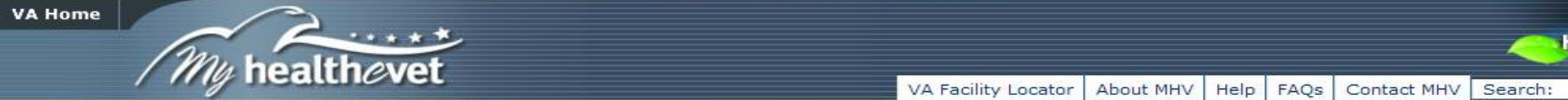
### My Medications + Supplements

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.

<p><b>Healthy Living Centers</b></p>  <p>Healthy living means taking certain steps to help avoid illness... <a href="#">More »</a></p>	<p><b>Diseases + Condition Centers</b></p>  <p>Find information for common illnesses and conditions... <a href="#">More »</a></p>	<p><b>Mental Health</b></p>  <p>From holiday blues to the stresses of being a soldier... <a href="#">More »</a></p>	<p><b>Medical Library</b></p>  <p>My HealtheVet provides two extensive online medical libraries... <a href="#">More »</a></p>
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**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 HealthVet 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 HealthVet 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 to-dos...  
[More »](#)



Mhv Secure Messaging

# Secure Messaging

## Secure Messaging



Open Secure Messaging

Member Logout

Logged On As:

Logout

## Secure Messaging

### New Message

[Send](#)[Save as Draft](#)[Cancel Message](#)**Inbox (0)**[Drafts \[0\]](#)[Sent](#)[Deleted](#)**My Folders** [edit](#)[My Folder](#)[add new folder](#)**From:** DEMOPATIENT, MHVSM**To:** Dayton 3 ▾**Subject:** **Compose Message:**Use a Predefined Message? [Apply](#)**Attention**

This messaging system should be only used for **non-urgent, non-critical communication!** Please direct any urgent or critical concerns to your provider's office via telephone or in-person.

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:




 UNITED STATES  
DEPARTMENT OF VETERANS AFFAIRS

VA Home


[VA Facility Locator](#)
[About MHV](#)
[Help](#)
[FAQs](#)
[Contact MHV](#)

[HOME](#)
[PERSONAL INFORMATION](#)
[PHARMACY](#)
[RESEARCH HEALTH](#)
[GET CARE](#)
[TRACK HEALTH](#)
[MHV COMMUNITY](#)
[VITALS + READINGS](#)
[LABS + TESTS](#)
[HEALTH HISTORY](#)
[JOURNALS](#)

## 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 HealthVet 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 »](#)

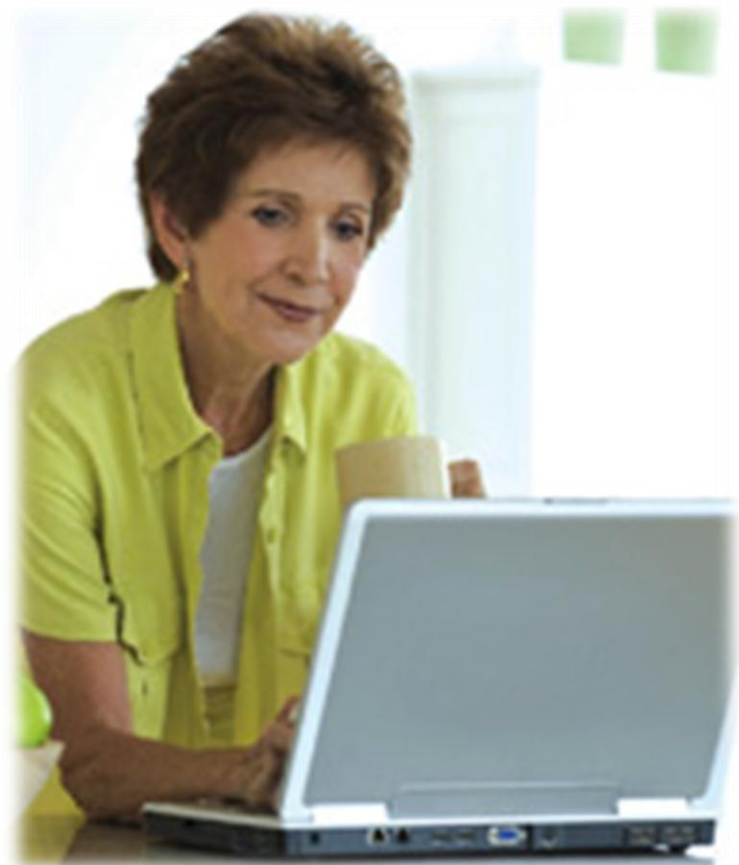
### Journals



Record your daily activity and food intake...

[More »](#)

# Microsoft Health Vault



# Mayo Clinic Health Manager

The screenshot shows the Mayo Clinic Health Manager website in an Internet Explorer browser window. The browser's address bar displays the URL <https://healthmanager.mayoclinic.com/default.aspx>. The website header features the Mayo Clinic Health Manager logo, the text "Powered by Microsoft HealthVault", and navigation links for "Sign in", "Help", and "About".

The main content area is divided into two sections:

- Welcome:** A large image of a woman and a child flying a red airplane. Below the image, the text reads: "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:** A vertical list of six interactive buttons: "Welcome", "Manage your family's health", "Access your information", "Get personalized guidance", "Monitor your health", and "Make the most of doctor visits". A "Sign up" button is located at the bottom of this section.

A small box in the bottom left corner of the main content area states: "STORED IN Microsoft HealthVault Mayo Clinic Health Manager uses Microsoft HealthVault to store your".

The browser's taskbar at the bottom shows several open applications: Microsoft PowerPoint, HealthVault - Share..., and Health guidance fro... The system tray on the right indicates the time is 7:23 PM and the Internet Protected Mode is Off.



# Take Charge of Your Health

Health Solutions - HealthVault - Internet Explorer provided by Dell

http://www.healthvault.com/personal/scenario/index.aspx

Google

Health Solutions - HealthVault

Microsoft HealthVault

Sign in | Help

Ecosystem Solution Provider Benefits Marketing Resources Web Application Directory Device Directory Industry

## 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](#)

Internet | Protected Mode: Off 100%

Microsoft Po... HealthVault - ... Health guidan... Health guidan... Health Solutio... 7:24 PM



# Easy Device Interaction

Learn About Devices - HealthVault - Internet Explorer provided by Dell

http://www.healthvault.com/personal/devices-overview.aspx

Google Yahoo! SEARCH bing Search Add Buttons

Health guidance from Ma... Learn About Devices - ...

Learn about HealthVault Learn about Devices Web Application Directory Device Directo

No feeds detected on this page (Alt+J)  
Feeds provide updated website content

## 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](#)

**Using Devices**

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

[Watch Now!](#)

**How it works**

Get a device that works with HealthVault

Connect your device with HealthVault

Track and analyze your data

**Follow us online**

[t](#) [f](#) [You Tube](#)

**Joining HealthVault lets you:**

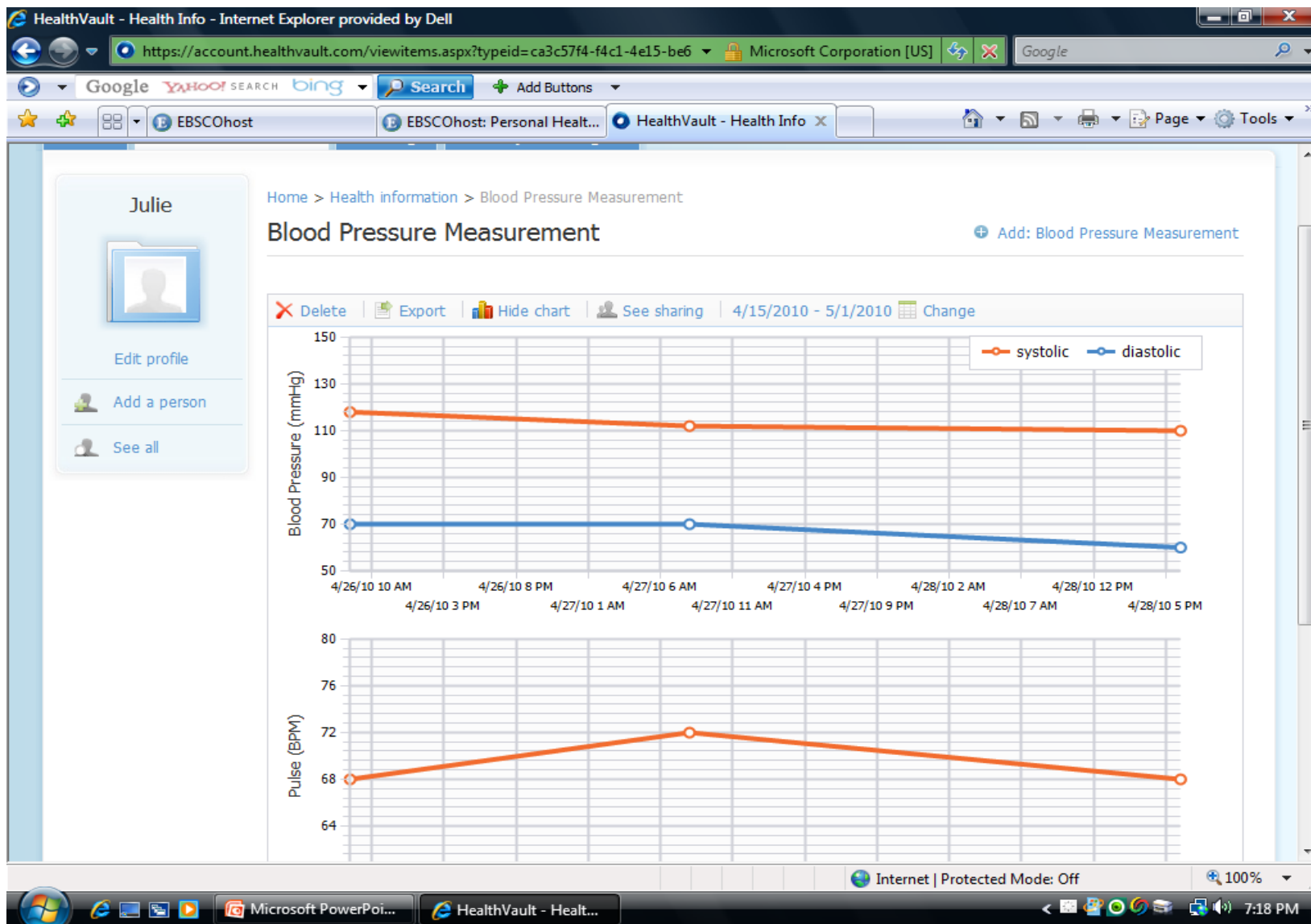
- Organize your health

Internet | Protected Mode: Off 100%

Microsoft PowerPoi... HealthVault - Share... Health guidance fro... Learn About Device...

7:30 PM

# Track Health Data



# Available PHRs

- Paper based-free [myphr.com](http://myphr.com)
- Software based-free [www.profileMD.com](http://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](#)

[MediCompass](#)

[MedsFile.com](#)

[Microsoft Health Vault](#)

[My Doclopedia PHR](#)

[My HealtheVet](#)

[myHealthFolders](#)

[MyMediList](#)

[NoMoreClipBoard.com](#)

[Patient Power](#)

[Telemedical.com](#)

[VIA](#)

[WorldMedcard](#)

[ZebraHealth](#)



# ePHR

## DNP ROLE: PATIENT EDUCATION

-INTERACTIVE EDUCATIONAL TOOL

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



# ePHR

## REFERENCES

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# ePHR

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- Markle Foundation (2003). Connecting for Health: A Public-Private Collaborative. The Personal Health Working Group. [http://www.connectingforhealth.org/resources/final\\_phwg\\_report1.pdf](http://www.connectingforhealth.org/resources/final_phwg_report1.pdf)