



Remote Veterans Apnea Management Portal Manual - *Draft*

Veteran Facing Portal

Version 1.0

Powered by  Intellica

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Note on Figures

This manual uses screen captures of the development version of the REVAMP application. The screens for the live version of the REVAMP application may appear different.

Additionally, the Figures in this manual display data that the VA program generated from a test database made up of a sample of rigorously de-identified VA patients. The Figures do not show protected health information and are not meant to depict representative data for the veteran population.

OVERVIEW

ABOUT REVAMP

REVAMP is a clinical application developed by Intellica Corporation for the VA to aid in monitoring and managing sleep apnea in Veterans.

The REVAMP VA-Facing web application allows Providers to monitor and treat sleep apnea in Veterans by retrieving data from the Veteran's CPAP machines and translating it into easy-to-read graphs. The Providers can also send messages to their Patients or other Providers from inside the application.

The REVAMP Patient Portal web application allows the Veterans to keep up with their sleep apnea patterns and view their treatment as graphs. It also allows them to keep in touch with their Providers, making this application truly a one-on-one patient-doctor web experience.

1.0 GETTING STARTED

1.1 OVERVIEW OF THE USER INTERFACE

The REVAMP system is a web-based application that users access through a secure web portal. The system controls are designed to be similar to those that are commonly programmed into web pages. Therefore, if the users are familiar with navigating through web sites, they will find that REVAMP has many of the same controls, including hyperlinks, dropdown menus, navigation buttons, and selection checkboxes.

Below is the menu bar that the User will encounter when using REVAMP Veteran-Facing Portal.

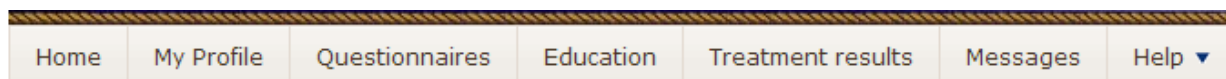


FIGURE 1 - VETERAN-FACING PORTAL MENU

These menu items will allow the User to move easily from one area of the website to another.

- My Profile** Allows the User to update his/her contact information and provides the name of the User's sleep specialist
- Questionnaires** Allows the User to tell his/her sleep specialist about his/her sleep and how s/he is responding to treatment
- Education** Provides videos and information about sleep apnea
- Treatment results** Allows User to see how s/he is doing
- Messages** Allows User to send messages to his/her ssleep specialist

To access the REVAMP Veteran-Facing system, the following address can be typed or copied and pasted into a web browser:

<https://revamp.intellica.us/>

1.2 LOGIN

The login page will be displayed as shown in Figure 1:

**UNITED STATES
DEPARTMENT OF VETERANS AFFAIRS**

REVAMP

Welcome to REVAMP, the Remote Veteran Apnea Management Portal!

Remote Veterans Apnea Management Portal (REVAMP) is a new way to help veterans manage obstructive sleep apnea, a common breathing disorder. Patients with obstructive sleep apnea will stop breathing while they sleep and this can contribute to a variety of medical problems. Once diagnosed and treated, however, patients often feel better and are able to live healthier lives. You are being offered the opportunity to participate in REVAMP because your VA healthcare provider believes you may have obstructive sleep apnea. By participating in REVAMP, you will receive this evaluation at no cost.

REVAMP will allow you to obtain sleep testing and treatment without having to visit a sleep center. REVAMP coordinators and sleep specialists will be available to guide and assist you throughout your evaluation and treatment. The following pages contain information about becoming a participant in REVAMP. Continuing with this program is completely voluntary and you may leave the website at any time.

To proceed, login to the website by entering your Username and Password below and click the Login box. If you have forgotten your password, you can click "[Reset Password](#)" for help.

LOGIN

USERNAME

PASSWORD

[Login](#)

[Reset Password](#)

FIGURE 1: LOGIN SCREEN

During the initial login, the User will be prompted to change his/her password and to select two security questions and answers in case the password needs to be reset in the future.

The new password must meet the following requirements:

- Password must be at least 8 characters in length
- Password cannot be the same as any of the previous 10 passwords
- Password must include at least 3 out of the 4 character types:
 1. Uppercase letters
 2. Lowercase letters
 3. Numbers
 4. Special characters (e.g. #, \$, @ etc.)

Once the User has logged into the system, s/he will be taken to the Patient 'My Profile' page to verify and update the information that has been entered.

1.2 RESET PASSWORD

On the occasion that the User forgets or decides to change his/her password, s/he can click on the 'Reset Password' link on the home page. The password can be reset by entering the user name, the new password, and by responding to the security questions that were selected when logging on for the first time.

1.3 ACCOUNT LOCKOUT

On the occasion that the User is locked out of his/her system, s/he must get in contact with the Application Administrator to regain access to their account.

2.0 HOME

The User will be taken to the Home page when they log on. If the User has not verified their profile data, s/he will be taken to the 'My Profile' page when they click on the Home page. If s/he has updated his/her profile then a message with any pending steps will be displayed. If there are no steps pending for the User, the Home page will simply display the graphs with the User's progress (the data displayed in the Treatment Results tab).

3.0 MY PROFILE

The REVAMP User can go to the My Profile page to update the basic demographic and contact information, emergency contact information, view his/her username and update password.

Figures 2-4 illustrate the different tabs in the My Profile page.

Home My Profile Questionnaires Education Treatment results Messages Help ▾

Search

JOHN SAMPLE - 3/11/2013 10:20 AM LOGOFF

Welcome the REVAMP! This is your *My Profile* page. If you are a new patient, please fill in the requested information. If you are returning to REVAMP, please make any changes in your address, phone number and e-mail address. The name of your sleep specialist is at the bottom right hand corner of the screen. When you are finished, click the **"Save"** button at the bottom of the screen.

Patient Emergency Contact Portal Account

*** Required field.**

*** First Name** JOHN

Middle Initial

*** Last Name** SAMPLE

*** SSN** 123-45-0028

*** SSN Confirmation** 123-45-0028

Address1 123 Main St

Address2

City OURTOWN

State IN - INDIANA

Postal Code 45602

Date of Birth (MM/DD/YYYY) 02/15/1965

*** Gender** Male

Ethnicity

☐ Hispanic or Latino

☒ Not Hispanic or Latino

☐ Unknown ethnicity

Race

☐ Black or African American

☐ White

☐ Asian

☐ American Indian or Alaska Native

☐ Native Hawaiian or Other Pacific Islander

☒ Some other race

☐ Unknown race

Home Phone (including area code) 1234567899

Cell Phone (including area code) 1234567898

Is it OK to receive text messages? ☒ Yes ☐ No

Work Phone (including area code) 1234567897

Email john.sample@mail.com

OK to receive emails? ☒ Yes ☐ No

Sleep Specialist Provider Nine

Which phone number would you like us to use to contact you?

Cell

Save

FIGURE 2: MY PROFILE - PATIENT TAB

When the User logs on for the first time s/he will be taken to the Patient tab to verify and update their demographic information. Here the User update his/her basic identifying information, including First Name, Last Name, Social Security Number, Address, Home, Cell, and Work Phones and the contact preferences along with Date of Birth, Gender, Ethnicity and Race, Email. The User can come to this page to view the name of their Sleep Specialist.

The Following Fields are required fields

- First Name
- Last Name
- Social Security Number

- Social Security Number Confirmation
- DOB
- Gender

NOTE: IT IS IMPORTANT TO SAVE ANY AND ALL CHANGES MADE IN EACH TAB. THE USER CAN SAVE BY CLICKING THE YELLOW SAVE BUTTON ON THE BOTTOM OF THE SCREEN BEFORE NAVIGATING TO THE NEXT TAB.

Home	My Profile	Questionnaires	Education	Treatment results	Messages	Help ▾
------	------------	----------------	-----------	-------------------	----------	--------

JOHN SAMPLE - 2/25/2013 2:44 PM

Welcome the REVAMP! This is your *My Profile* page. If you are a new patient, please fill in the requested information. If you are returning to REVAMP, please make any changes in your address, phone number and e-mail address. The name of your sleep specialist is at the bottom right hand corner of the screen. When you are finished, click the "**Save**" button at the bottom of the screen.

Patient
Emergency Contact
Portal Account

Emergency Contact

Work Phone

Cell/Home Phone

Street Address

City

State

Postal Code

Relationship

FIGURE 3: EMERGENCY CONTACT

In the Emergency Contact tab, shown in the figure above, the User can update the Emergency Contact information. The Emergency Contact information includes the Contact's Name, Work and Cell/Home Phones, Address, and Relationship to the User.

Home	My Profile	Questionnaires	Education	Treatment results	Messages	Help ▾
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JOHN SAMPLE - 3/11/2013 10:20 AM

Welcome the REVAMP! This is your *My Profile* page. If you are a new patient, please fill in the requested information. If you are returning to REVAMP, please make any changes in your address, phone number and e-mail address. The name of your sleep specialist is at the bottom right hand corner of the screen. When you are finished, click the "**Save**" button at the bottom of the screen.

Patient
Emergency Contact
Portal Account

User Name

☐ Reset Account's Password

Password

Verify Password

FIGURE 4: PORTAL ACCOUNT

The Portal Account tab, shown in the figure above, is a place where the User can go to reset their password if they wish to do so. The User can click on the 'Reset Account's Password' checkbox to place a check in the box and enable the 'Password' and 'Verify Password' field and then enter the new password and password verification. The password requirements must be followed in creating a new password.

Password Requirements:

- Password must be at least 8 characters in length
- Password cannot be the same as any of the previous 10 passwords
- Password must include at least 3 out of the 4 character types:
 5. Uppercase letters
 6. Lowercase letters
 7. Numbers
 8. Special characters (e.g. #, \$, @ etc.)

4.0 QUESTIONNAIRES

In the Questionnaire page the User can access the Questionnaires assigned to him/her to be able to answer questions that will tell his/her Sleep Specialist about the User's sleep problems and help the Sleep Specialist develop a management plan for the User. The Questionnaires page can be accessed by clicking on the Questionnaires tab on the gray bar under the REVAMP header or by clicking the appropriate link.

UNITED STATES
DEPARTMENT OF VETERANS AFFAIRS

REVAMP

Home My Profile Questionnaires Education Treatment results Messages Help ▾

Search

JANE SAMPLE - 3/14/2013 9:06 AM LOGOFF

Questionnaires

Please complete the questionnaires listed below. Click on each questionnaire to open it. Once you have completed a questionnaire, a green check mark will appear next to it. You will need to complete all of the questionnaires before you can proceed further. If you need to stop before completing all of the questionnaires, you can come back later and complete the rest. However, before stopping, you must complete whatever particular questionnaire you are working on. Your responses will be NOT be saved if you stop in the middle of a questionnaire. Once you have submitted a questionnaire you cannot change your responses.

Height	Weight
<div>-please select- feet</div>	<div></div> pounds
<div>-please select- inches</div>	

Initial Evaluation

- MAP SLEEP SYMPTOM-FREQUENCY QUESTIONNAIRE
- Sleep Apnea Symptoms
- Epworth Sleepiness Scale - ESS
- Pittsburgh Sleep Quality Index - PSQI
- Functional Outcomes of Sleep Questionnaire

FIGURE 5: QUESTIONNAIRE TAB

When the User goes to the Questionnaire page, he/she can click on each the title of each questionnaire to open it. Once a questionnaire has been completed, a green check mark will appear next to it. All questionnaires in the group must be completed in order to provide the Sleep Specialist with the information necessary to help address the sleep problems. If a User needs to stop before completing all of the questionnaires, he/she can log out and come back later and complete the rest.

4.1 SAVING QUESTIONNAIRE DATA

Questionnaires are saved once the User submits the questionnaire and a green checkmark appears by the questionnaire title. After submitting a questionnaire the responses cannot be changed. If the User leaves a particular questionnaire after completing it partially, but before submitting it (and seeing the green check mark by the questionnaire title), the questionnaire data for that particular questionnaire will not be saved. Any questionnaires completed prior to then will be saved.

5.0 EDUCATION

The Education section on the menu bar of the REVAMP application features videos and articles that can assist the User with resources regarding Sleep Apnea and the study in general.

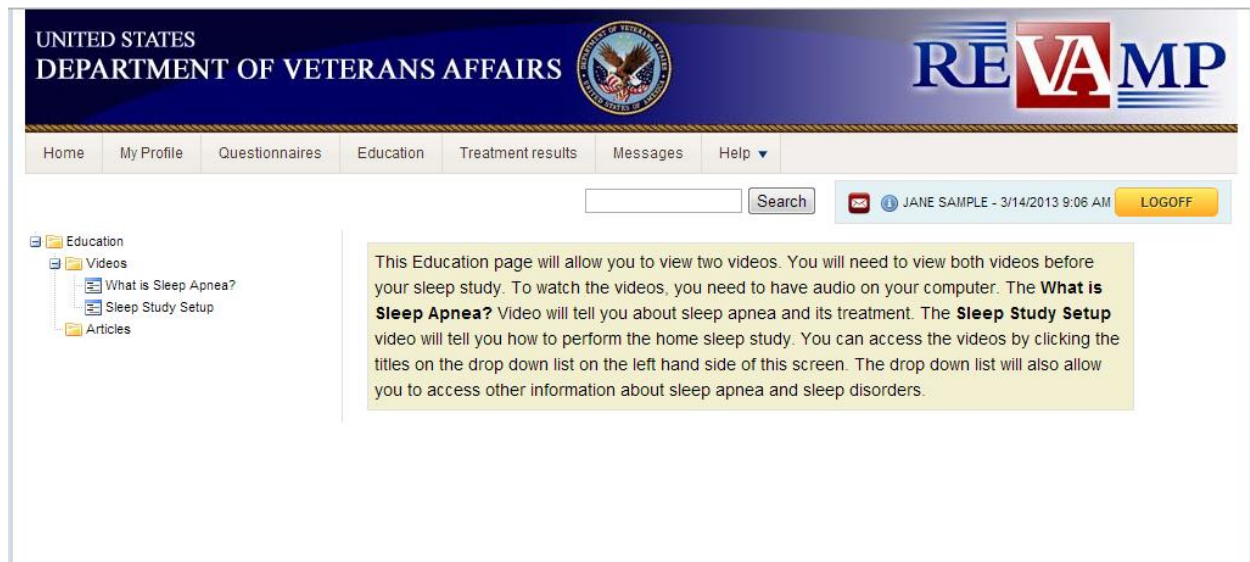


FIGURE 6: EDUCATION TAB

5.1 VIDEOS

There are two videos that are required to be viewed as part of the study. These videos can be accessed by clicking on the Education tab and clicking on the title of the video that appears on the drop down list on the left hand side of the screen. The video will appear in a viewer. To watch the videos, the User will need to have audio on his/her computer.

The **What is Sleep Apnea?** video talks about sleep apnea and its treatment. The **Sleep Study Setup** video talks about how to perform the home sleep study.



FIGURE 7: EDUCATION VIDEOS

Note: If the User wishes to view the video in a larger viewer he/she can look for the icon to expand the video in the video player (seen above, it is the white square in bottom right).

5.2 OTHER EDUCATION RESOURCES

The drop down list in the left side of the screen will also allow the User to access other information about sleep apnea and sleep disorders. This information may be changed periodically.

6.0 TREATMENT RESULTS

The Treatment Results page allows the User to view his/her CPAP Data in graphical form.

There are three main Graphs in the Treatment Results Page:

How much am I using my treatment?– This graph shows the how much the Patient is using his/her PAP treatment. The height of each bar is the total number of hours each day that Patient uses the treatment. If the Patient did not use the treatment on a particular day, there will be no bar on that day. All of the bars should be above 4 hours in order to benefit from the treatment.

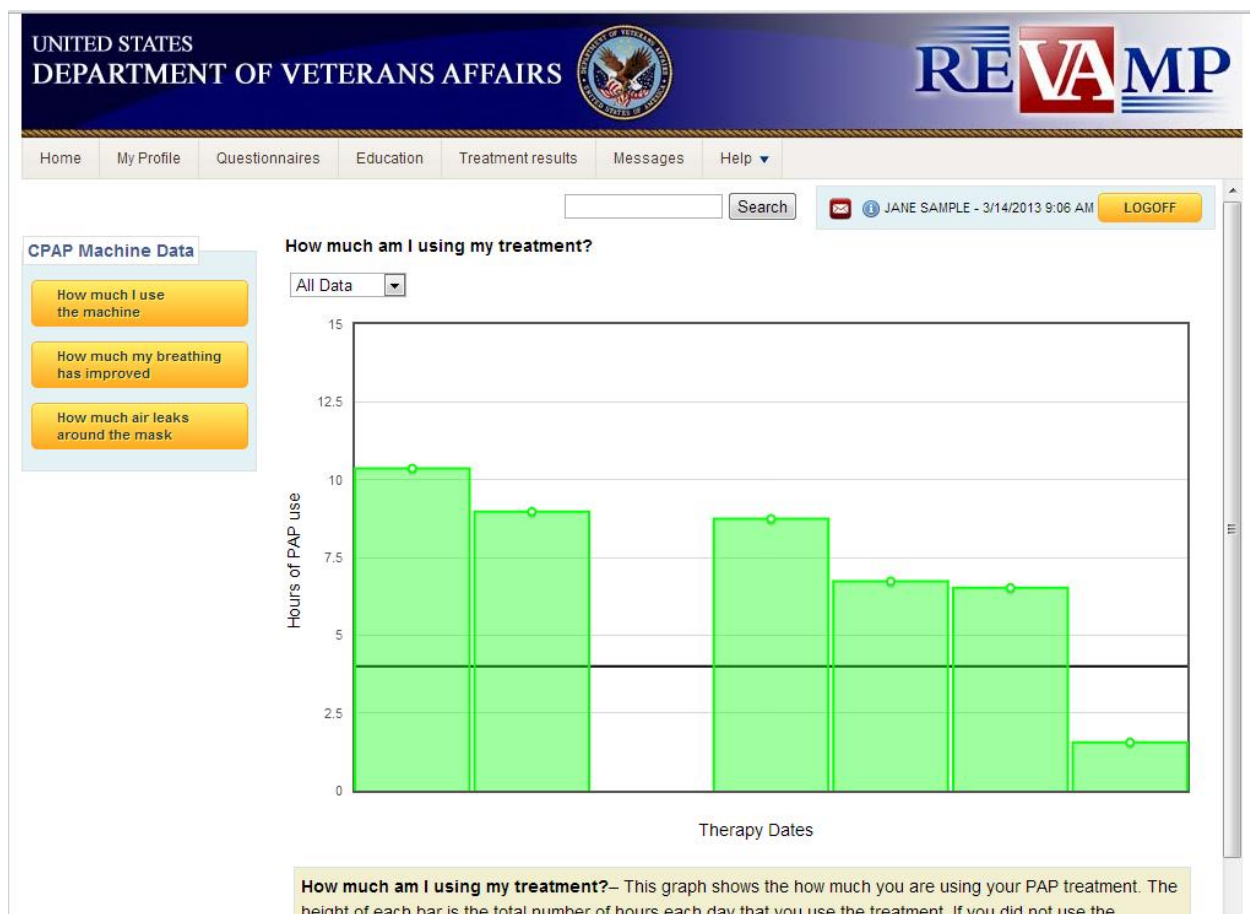


FIGURE 8: HOW MUCH AM I USING MY TREATMENT? GRAPH

How much has my breathing improved?— This graph shows how well the Patient’s PAP treatment is working to improve his/her breathing. Each bar represents a day and the height of each bar is the average number of breathing pauses and periods of shallow breathing per hour. The first bar shows the result on his/her home sleep test, before the Patient started PAP treatment. The subsequent bars show the results on his/her PAP treatment. Those bars should be below 10 events per hour in order to have the best response to treatment.

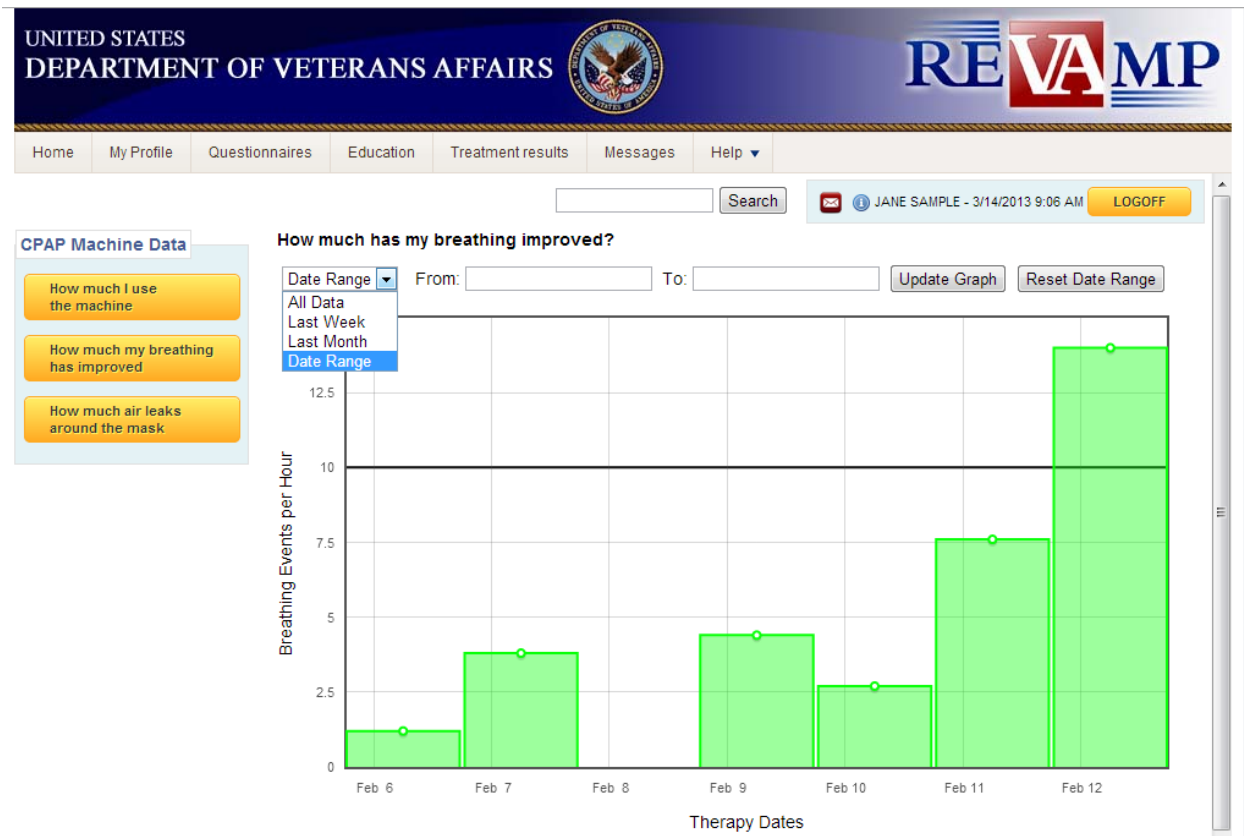


FIGURE 9 : HOW MUCH HAS MY BREATHING IMPROVED? GRAPH

How much air leak is present?– This graph shows the amount of air leak. Each bar represents a day and the height of each bar is the average amount of air leak. All of the bars should be below 40 liters per minute in order have the best results. A large air leak may be due to a poor mask fit. A large air leak can also be due to air leaking from the mouth during sleep if the Patient is using a mask that just covers the nose.



FIGURE 10: HOW MUCH AIR LEAK IS PRESENT? GRAPH

7.0 MESSAGES

The Messages section of the Application allows for the User to contact Providers easily. The Patient can see the name of his/her Sleep Specialist in the 'My Profile' tab.

To access the Messages section, the User should click the "Messages" section of the Menu Bar. Figure 11 illustrates what will then appear.

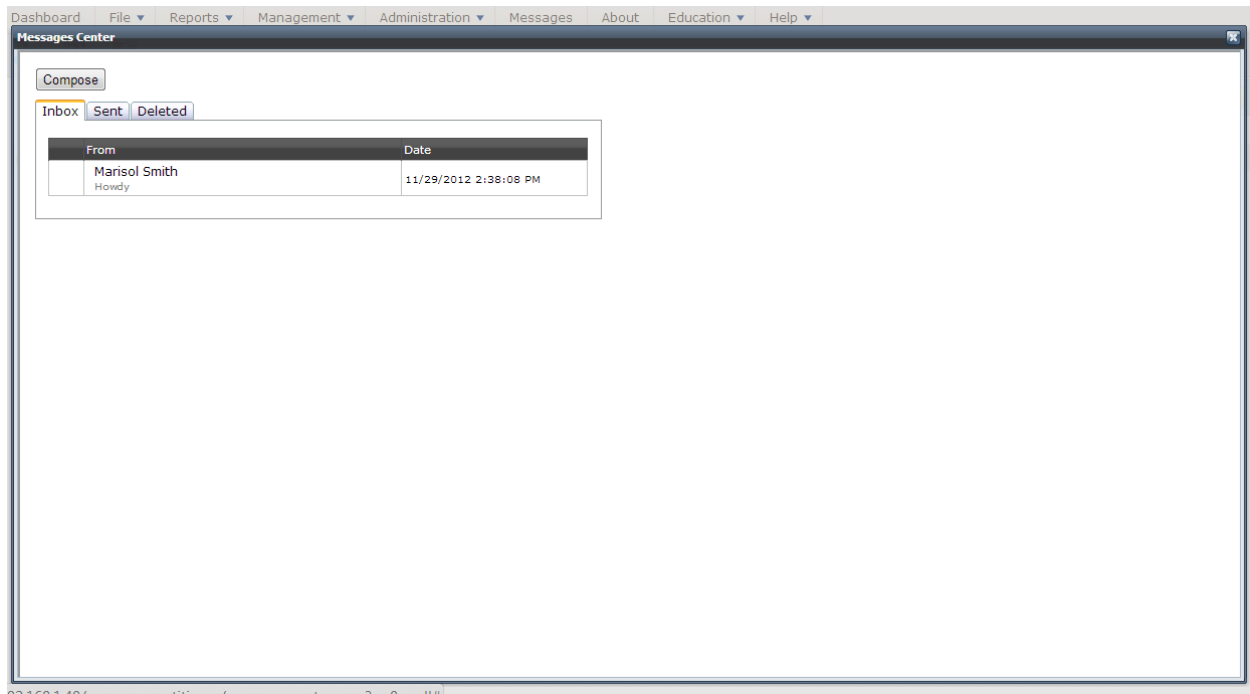


FIGURE 11: MESSAGES MAIN MENU

The User can select Messages that he/she has already received. To compose a New Message, the User must click “Compose”. From there, the User can click “Select Provider” to select from a list of available Providers as a recipient. After selecting the Recipients, the User can click the “X” button on the top right of the pop-up to return to the message. The figures below show the “Compose Message” and “Select Provider” tools, respectively.

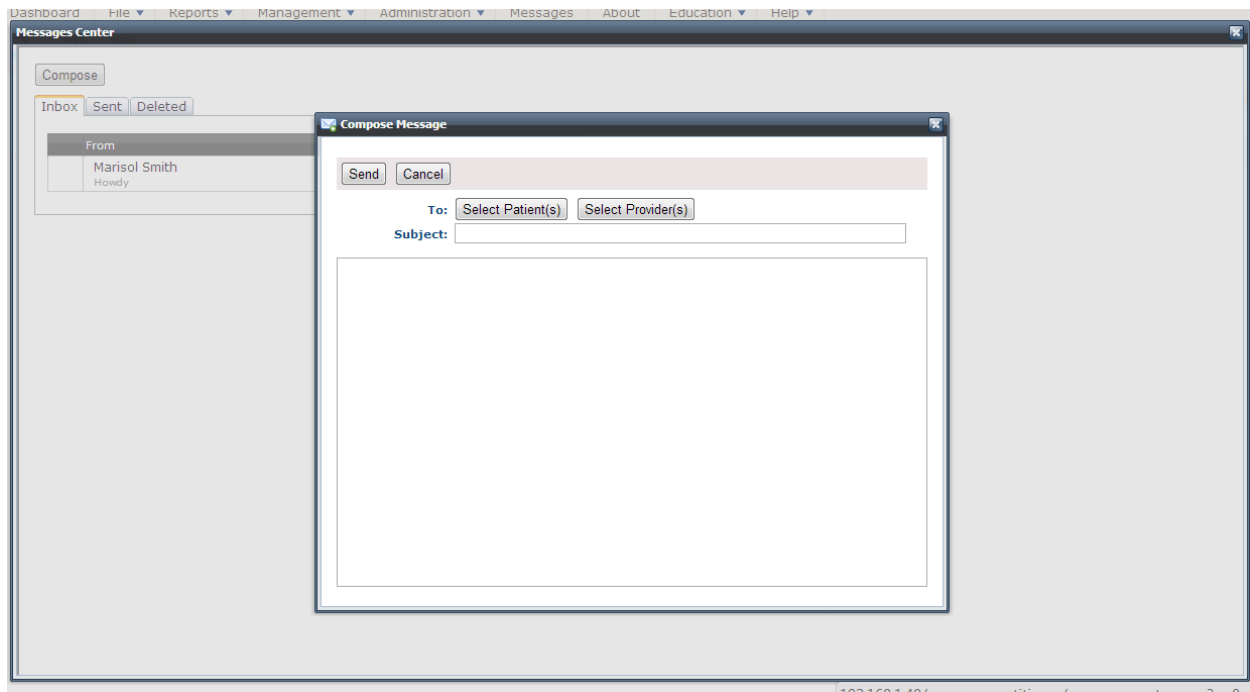


FIGURE 12: COMPOSE MESSAGE

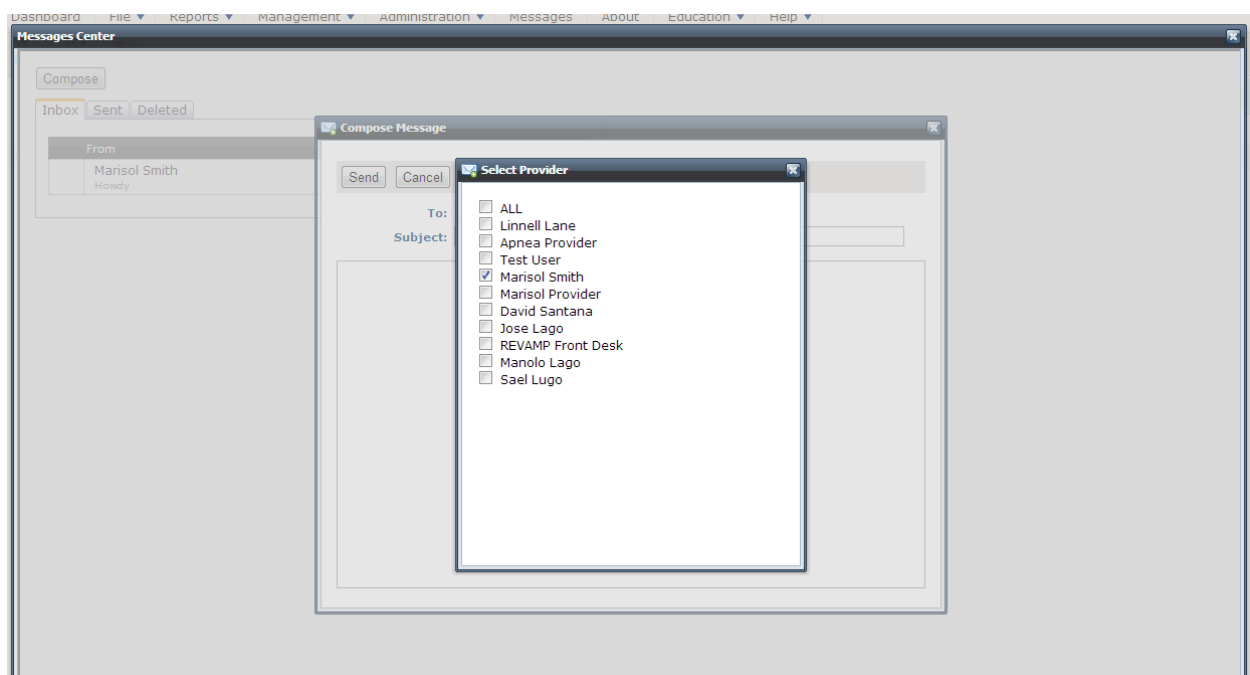


FIGURE 13: SELECT PROVIDER TOOL

After selecting the Recipients and entering the Message the User wishes to send, he/she may click “Send” to send it, or “Cancel” to cancel the entire Message.

When receiving a new Message, the User will see a red envelope next to their name on the top right of the web page.

- In **Inbox** tab will show the User messages that he/she has received. Patients will be sent messages reminding them of scheduled events and actions that are needed as their evaluation proceeds.
- The **Sent** tab will show the messages that the User has sent.
- The **Deleted** tab will show the messages that the User has deleted.