



Update_2_0_273

Clinical Reminders

**VA-PERSONAL HEALTH INVENTORY (PHI) NOTE
UPDATE**

Install Guide

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Product Development
Office of Information Technology
Department of Veterans Affairs

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Introduction

The Personal Health Inventory (PHI) is a tool providers may use to explore with their patients what matters to them, and assess where they are and where they want to be in eight areas of self-care from the Circle of Health. VHA Office of Patient-Centered Care and Cultural Transformation has partnered with the National Template Workgroup to update the national reminder dialogue template for the PHI, for use with Veterans as a part of the Whole Health approach to care. For a more in-depth explanation of the Circle of Health, please visit <https://www.va.gov/WHOLEHEALTH/circle-of-health/index.asp>

Below are the items that have wording changes:

Reminder Dialog Template: VA-PERSONAL HEALTH INVENTORY (PHI) NOTE

VA-Personal Health Inventory version 2.1

Personal Health Inventory

The personal health inventory is a tool used within VHA to support the whole health approach to care. It is a self-exploration tool that assesses where a Veteran might want to prioritize setting goals and gaining skills and educate to support their health and wellbeing.

Historical Personal Health Inventory

SUMMARY - PERSONAL HEALTH INVENTORY Note:

What matters most to you in your life right now?

Self-Reflection Scales
Rate where you feel you are on the scales below from 1-5, with 1 being not so good and 5 being great.

Physical Well-Being:

Mental/Emotional Well-Being:

Life: How is it to live your day-to-day life?

Where Are You and Where You'd Like To Be

For each area below, consider "Where you are" and "Where you want to be". Select a number between 1 (low) and 5 (high) that best represents where you are and where you want to be. The goal is not to be perfect in all areas. You do not need to be "5" in any of the areas now, nor even wish to be a "5" in the future.

MOVING THE BODY:
Our physical, mental, and emotional health are impacted by the amount and kind of movement we do.

RECHARGE:
Our bodies and minds need rest in order to optimize our health. Recharging also involves activities that replenish your mental and physical energy.

The description of each item in this section was updated – this is not included in the progress note.

FOOD AND DRINK:
What we eat and drink can have a huge effect on how we experience life, both physically and mentally.

PERSONAL DEVELOPMENT:
Our health is impacted by how we spend our time. We feel best when we can do things that really matter to us or bring us joy.

FAMILY, FRIENDS, AND CO-WORKERS:
Our relationships, including those with pets, have as significant an effect on our physical and emotional health as any other factor associated with well-being.

SPIRIT AND SOUL:
Connecting with something greater than ourselves may provide a sense of meaning and purpose, peace, or comfort. Spiritual connection can take many forms.

SURROUNDINGS:
Surroundings include where we live, work, learn, play, and worship --both indoors and out. Safe, stable, and comfortable surroundings have a positive effect on our health.

POWER OF THE MIND:
Our thoughts are powerful and can affect our physical, mental, and emotional health. Changing our mindset can aid in healing and coping.

PROFESSIONAL CARE:
Partnering with your healthcare team to address your health concerns, understand care options, and define actions you may take to promote your health and goals.

The description of each item in this section was updated – this is not included in the progress note.

Reflections

Now that you have thought about what matters to you in all of these areas, what would your life look like if you had the health you want? What kind of activities would you be doing? Or how might you feel different? ←

Comment:

What area might you focus on? What might get in the way? How might you start? ←

Comment:

*After completing the Personal Health Inventory, talk to a friend, a family member, your health coach, a peer, or someone on your healthcare team about areas you'd like to work on.

10 not in PN

UPDATE_2_0_273 contains 1 Reminder Exchange entry:

UPDATE_2_0_273 VA-PERSONAL HEALTH INVENTORY (PHI) NOTE
UPDATE

The exchange file contains the following components:

HEALTH FACTORS

- VA-REMINDER UPDATES [C]
- VA-UPDATE_2_0_273
- VA-PERSONAL HEALTH INVENTORY [C]
- VA-PHI REFLECTIONS AREAS TO WORK ON
- VA-PHI REFLECTIONS VISION BEST SELF
- VA-PHI PROFESSIONAL CARE TO BE
- VA-PHI PROFESSIONAL CARE NOW
- VA-PHI POWER OF MIND TO BE
- VA-PHI POWER OF MIND NOW

VA-PHI SURROUNDINGS TO BE
VA-PHI SURROUNDINGS NOW
VA-PHI SPIRIT AND SOUL TO BE
VA-PHI SPIRIT AND SOUL NOW
VA-PHI FAMILY AND FRIENDS TO BE
VA-PHI FAMILY AND FRIENDS NOW
VA-PHI PERSONAL DEVELOPMENT TO BE
VA-PHI PERSONAL DEVELOPMENT NOW
VA-PHI FOOD AND DRINK TO BE
VA-PHI FOOD AND DRINK NOW
VA-PHI RECHARGE TO BE
VA-PHI RECHARGE NOW
VA-PHI WORKING THE BODY TO BE
VA-PHI WORKING THE BODY NOW
VA-PHI DAY TO DAY LIFE WHY
VA-PHI DAY TO DAY LIFE
VA-PHI PHYSICAL WELL BEING WHY
VA-PHI PHYSICAL WELL BEING
VA-PHI MENTAL/EMOTIONAL WELL BEING WHY
VA-PHI MENTAL/EMOTIONAL WELL BEING
VA-PHP [C]
VA-PHP MAP

REMINDER SPONSOR

OFFICE OF PATIENT CENTERED CARE AND CULTURAL TRANSFORMATION

REMINDER TERM

VA-REMINDER UPDATE_2_0_273

REMINDER DIALOG

VA-PERSONAL HEALTH INVENTORY (PHI) NOTE

Install Details

This update is being distributed as a web host file. The address for the host file is:

https://REDACTED /UPDATE_2_0_273_1.PRD

The file will be installed using Reminder Exchange, programmer access is not required.

Installation:

=====

This update can be loaded with users on the system. Installation will take less than 2 minutes.

Install Example

To Load the Web Host File. Navigate to Reminder exchange in Vista

```
+      + Next Screen  - Prev Screen  ?? More Actions
CFE  Create Exchange File Entry      LHF  Load Host File
CHF  Create Host File                LMM  Load MailMan Message
CHM  Create MailMan Message          LR   List Reminder Definitios
DFE  Delete Exchange File Entry      LWH  Load Web Host File
IFE  Install Exchange File Entry     RI   Reminder Definition Inqy
IH   Installation History            RP   Repack
Select Action: Next Screen// LWH   Load Web Host File
Input the URL for the .prd file: https://vaww.va.gov/reminders/docs/UPDATE_2_0_273_1.PRD
```

At the **Select Action:** prompt, enter **LWH** for Load Web Host File

At the **Input the url for the .prd file:** prompt, type the following web address:

https://REDACTED/UPDATE_2_0_273_1.PRD

You should see a message at the top of your screen that the file successfully loaded.

https://vaww.va.gov/reminders/docs/UPDATE_2_0_273_1.PRD successfully loaded.

Search and locate an entry titled **UPDATE_2_0_273 VA-PERSONAL HEALTH INVENTORY (PHI) NOTE UPDATE** in reminder exchange

```
+Item  Entry                               Source                               Date Packed
391    UPDATE_2_0_273 VA-PERSONAL          <blacked out>                       <blacked out>
      HEALTH INVENTORY (PHI) NOTE
      UPDATE
392    UPDATE_2_0_28
      VA-MENINGOCOCCAL IMMUNIZATIONS
393    UPDATE_2_0_29 VA-HOMELESSNESS
      FOOD INSECURITY
394    UPDATE_2_0_2_2 CAREGIVER ELIG
395    UPDATE_2_0_30 VA-IRAQ &
      AFGHAN POST-DEPLOY
+      + Next Screen  - Prev Screen  ?? More Actions  >>>
CFE  Create Exchange File Entry      LHF  Load Host File
CHF  Create Host File                LMM  Load MailMan Message
CMM  Create MailMan Message          LR   List Reminder Definitions
DFE  Delete Exchange File Entry      LWH  Load Web Host File
IFE  Install Exchange File Entry     RI   Reminder Definition Inquiry
IH   Installation History            RP   Repack
Select Action: Next Screen// IFE   Install Exchange File Entry
Enter a list or range of numbers (1-630): 391
```

At the **Select Action** prompt, enter **IFE** for Install Exchange File Entry

Enter the number that corresponds with your entry titled **UPDATE_2_0_273 VA-PERSONAL HEALTH INVENTORY (PHI) NOTE UPDATE** (in this example it is entry 391, it will vary by site) The exchange file date should be 03/18/2022.

```

Component                                     Category  Exists
Source:
Date Packed:
Package Version: 2.0P71

Description:
The following Clinical Reminder items were selected for packing:
REMINDER DIALOG
  VA-PERSONAL HEALTH INVENTORY (PHI) NOTE

REMINDER TERM
  VA-REMINDER UPDATE_2_0_273
Non-exchangeable TIU object(s):
-----
TIU Object: PERSONAL HEALTH INVENTORY OBJ
Object Method: S X=$$TIU^GMTSOBJ(DFN,6600479)

+      Enter ?? for more actions                >>>
IA  Install all Components                      IS  Install Selected Component
Select Action: Next Screen// IA

```

At the **Select Action** prompt, type **IA** for Install all Components and hit enter.
 Select Action: Next Screen// **IA Install all Components**

During the installation, you will see several prompts: *Note that you will **Install** all new components* If you are prompted to overwrite any items, choose **SKIP**.

You will be prompted to install the dialog component, you should Install All even though all components will have an X in the “Exists” column:

```

Packed reminder dialog: VA-PERSONAL HEALTH INVENTORY (PHI) NOTE [NATIONAL DIALOG

```

Item	Seq.	Dialog Findings	Type	Exists
1		VA-PERSONAL HEALTH INVENTORY (PHI) NOTE	dialog	X
2	5	VA-PHI VERSION Finding: *NONE*	element	X
3	10	VA-PHI INTRODUCTION MAIN Finding: *NONE*	group	X
4	10.2	VA-PHI MOST RECENT HISTORICAL PHI RESPONSES Finding: *NONE*	group	X
5	10.2.5	VAL-PHI HISTORICAL DATA PDO ELE Finding: *NONE*	element	X
6	10.5	VA-PHI EXISTENTIAL QUESTIONS ELE Finding: VA-PHP MAP (HEALTH FACTOR)	element	X
7		PXRM COMMENT	prompt	X
8	10.10	VA-PHI VITALITY SIGNS	group	X

```

+      + Next Screen  - Prev Screen  ?? More Actions
DD  Dialog Details      DT  Dialog Text      IS  Install Selected
DF  Dialog Findings    DU  Dialog Usage    QU  Quit
DS  Dialog Summary     IA  Install All
Select Action: Next Screen// IA

```

At the **Select Action** prompt, type **IA** to install the dialog – **VA-PERSONAL HEALTH INVENTORY (PHI) NOTE**

Select Action: Next Screen// **IA Install All**

Install reminder dialog and all components with no further changes: **Y// ES**

Packed reminder dialog: VA-PERSONAL HEALTH INVENTORY (PHI) NOTE [NATIONAL DIALOG				
VA-PERSONAL HEALTH INVENTORY (PHI) NOTE (reminder dialog) installed from exchange				
Item	Seq.	Dialog Findings	Type	Exists
1		VA-PERSONAL HEALTH INVENTORY (PHI) NOTE	dialog	X
2	5	VA-PHI VERSION Finding: *NONE*	element	X
3	10	VA-PHI INTRODUCTION MAIN Finding: *NONE*	group	X
4	10.2	VA-PHI MOST RECENT HISTORICAL PHI RESPONSES Finding: *NONE*	group	X
5	10.2.5	VAL-PHI HISTORICAL DATA PDO ELE Finding: *NONE*	element	X
6	10.5	VA-PHI EXISTENTIAL QUESTIONS ELE Finding: VA-PHP MAP (HEALTH FACTOR)	element	X
7		PXRM COMMENT	prompt	X
8	10.10	VA-PHI VITALITY SIGNS	group	X
+ + Next Screen - Prev Screen ?? More Actions				
DD	Dialog	Details	DT	Dialog Text
IS	Install	Selected	DU	Dialog Usage
DF	Dialog	Findings	QU	Quit
DS	Dialog	Summary	IA	Install All
Select Action: Next Screen// Q				

When the dialog has completed installation, you will then be returned to this screen. At the **Select Action** prompt, type **Q**.

```
Component Category Exists
Source:
Date Packed:
Package Version: 2.0P71

Description:
The following Clinical Reminder items were selected for packing:
REMINDER DIALOG
  VA-PERSONAL HEALTH INVENTORY (PHI) NOTE

REMINDER TERM
  VA-REMINDER UPDATE_2_0_273
Non-exchangeable TIU object(s):
-----
TIU Object: PERSONAL HEALTH INVENTORY OBJ
Object Method: S X=$$TIU^GMTSOBJ(DFN,6600479)

+      + Next Screen  - Prev Screen  ?? More Actions  >>>
IA  Install all Components      IS  Install Selected Component
Select Action: Next Screen// Q
```

You will be returned to this screen. Type Q to quit.

Install Completed

Post Installation

Open the note titled PERSONAL HEALTH INVENTORY NOTE (Reminder dialog VA-PERSONAL HEALTH INVENTORY (PHI) NOTE) and confirm the version is 2.1.