

A guide to taking the best photographs for teledermatology - for patients

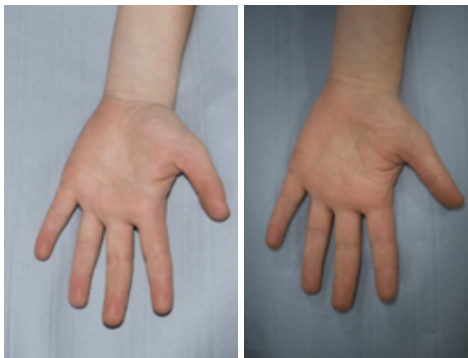


CLEAR BACKGROUND

UNCLEAR BACKGROUND

USE A BACKGROUND

- Backgrounds should be plain and free from patterns, so there is no distraction from the area you need to take a photograph of.
- If possible, the background should be in contact with the part of the body in question so that there is no shadow.
- Use a light coloured sheet or light coloured painted wall as a background.



FLASH ON

FLASH OFF

GOOD OVERHEAD LIGHTING IS IDEAL

- Think about using the flash on your phone.
- Move to an area with good outside lighting.
- Use a desk lamp or a torch to light up the area you need to photograph.



ALWAYS TAKE AN ESTABLISHING IMAGE FOLLOWED BY ONE OR TWO CLOSE UPS

- This allows the doctor to clearly see the problem and where it is located on your body.
- If you have more than one area that your doctor has asked to see, take a photo of each area followed by a close-up of the problem area.

The images above show that the leg is where the problem is. There is a closer photo of the problem area and then a close-up of the problem area.

Using a ruler to show size

If you can find a standard tape measure or ruler to put next to the problem area it will help to show the doctor the size of the problem.



WHERE IS THE PROBLEM?

- These photos show that the problem is on the leg, and then show a closer photo of the area.
- You could also take a close-up photo of the rash or spots.



YOU MAY NEED TO TAKE MORE THAN ONE PHOTO

- These examples show the problem area is on the thumb and use a piece of measuring tape to show the size.
- Next a closer photo of the problem was taken.
- Then there is another photo taken from the side.



OUT OF FOCUS

IN FOCUS

AUTOFOCUS ON THE PROBLEM

- Your doctor needs to see a photo that is in focus and not blurry.
- Most smartphones have a built in auto-focus feature. You may need to wait for the phone camera to find the problem and focus.
- If your phone is too close to the area it will be blurry.
Try moving back from the area and zooming in.

CHECK YOUR PHOTOS

It is important that the photos you send to your doctor are clear and in focus. Check that they show the general area, then a closer photo and then another close up photo if it helps to show the problem more clearly.

By sending photos to your doctor you are giving permission for them to be shared with a specialist who will look at them and advise your doctor on how to care for you. The specialist **may** ask your doctor to book you an appointment with the specialist if this is better for your care. Your doctor will share information such as your **NHS number, name, age, gender and any health problems** you may have that the specialist needs to know about to be able to help you. The information will **only** be seen by healthcare staff who are trained in confidentiality and need to know the information.

Please send your photos to your doctor as they have instructed.

We would like to thank NHS Dorset CCG and University Hospitals Bristol NHS Foundation Trust for their kind permission to use photos which we have included in this guide.