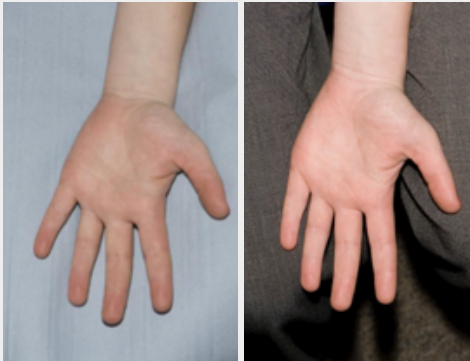


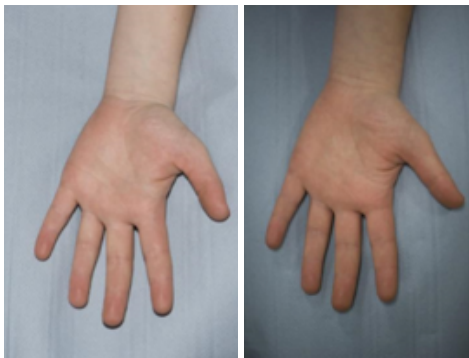
# A guide to taking the best photographs for teledermatology



## USE A BACKGROUND

1

- Backgrounds should be plain and unobtrusive, providing no distraction from the area of interest. A background is only needed if the subject area does not fully fill the frame.
- When applicable, a background should be placed in contact with the patient in order to minimize shadows.



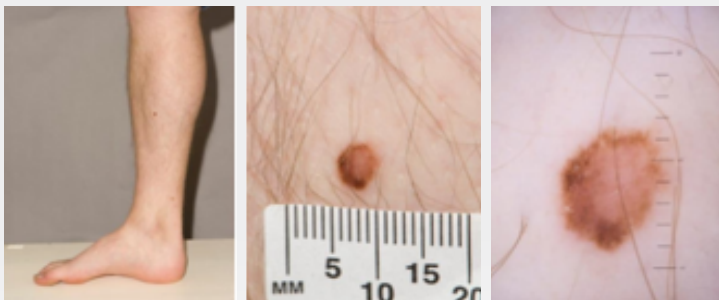
FLASH ON

FLASH OFF

## GOOD OVERHEAD LIGHTING IS IDEAL

2

- General office light is not usually sufficient to light an image. Consider using flash.



## ALWAYS TAKE AN ESTABLISHING IMAGE FOLLOWED BY A CLOSE UP

3

- If a patient has multiple areas of interest, then it is difficult to distinguish between pictures if only close ups are taken. For example, a mole on a patient's leg may look similar to one on the patient's arm, so by taking an establishing image it helps avoid any confusion.



- As well as the establishing image, a close-up image or a series of close-up images should be taken.
- If you are trained in using one and have access to a dermatoscope, it is helpful to also include a dermoscopic image of a lesion.

E: [hello@consultantconnect.org.uk](mailto:hello@consultantconnect.org.uk)

T: 01865 261467

Consultant Connect | One St Aldates | Oxford | OX1 1DE





#### TAKE MORE THAN ONE IMAGE

4

- When taking a photograph, the camera needs to be parallel to the lesion.
- To demonstrate the size and shape of the lesion, you could consider taking additional image views, for example at an oblique angle.



OUT OF FOCUS

IN FOCUS

#### AUTOFOCUS ON THE LESION

5

- Images must be in focus for the dermatologist to review.
- Most smartphone cameras have a built in autofocus feature. You may need to wait a second for the autofocus to find the lesion. If your camera is too close to the lesion this usually results in an out of focus photograph. Try zooming in from a bit further back.

#### ALWAYS REVIEW YOUR PHOTOS

6

Ensure your images have captured a good representation that allows a diagnosis to be made. Poor images mean the case will be returned with no diagnosis.

#### FOR E-RS PATHWAY 5MB IS THE LIMIT

The NHS e-referrals system imposes an image size limit of 5MB for attachments – which could prevent you sending multiple images. The Consultant Connect App does compress each image automatically for you to help with this.

#### FOR DIRECT TO SECONDARY CARE

7

Photo Advice & Guidance via the Consultant Connect App allows you to take multiple photos and share them directly with specialists (there is no limit to the number of photos you take via the app).

**The Consultant Connect App is free to clinicians within participating CCGs/Health Boards/Trusts areas and can be downloaded from the App Store or Google Play.**

**For more information about teledermatology, please contact us on 01865 261 467 or email [hello@consultantconnect.org.uk](mailto:hello@consultantconnect.org.uk)**

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.

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