

How to take good quality photographs for clinical assessment

Information for patients and
carers



You have been asked to take photographs of your/your loved one's skin to help us make a clinical assessment.

To enable us to assess the skin properly, it is important that you try to take the best quality photos possible. This guide will help you.

By submitting the photos, you are agreeing to these photos being saved to your medical records and forwarded to other specialists (such as a tissue viability nurse) for expert advice.

Please speak with your nurse if you do not want this to happen or you would like the photos to be deleted from your records following their review.

How to take the best quality photo

Try to find someone such as a family member or friend to help you as it is much easier if someone else takes the photos for you. If this is not possible you can take the photo yourself using a tablet, smart phone or digital camera.

Use the main camera if possible, however if it's easier please use the front facing (selfie) camera.

Use a plain background

Make sure the area to be photographed is held still - preferably by resting it on a surface. If possible use a plain background (if the area does not take up the whole picture) against the skin and be careful to avoid shadows.

Lighting

Take the photo in a well lit room with lots of natural light, but avoid direct sunlight. If this is not possible overhead lighting is best or you may have to use the flash to light up the area.

Focus and auto-focus

The photos need to be sharp and in focus so they can be accurately examined by the healthcare professional.

To use auto-focus, tap the screen - this will create a square or circle around the area of interest - your camera may struggle to do this if it is too close to the area.

Instead, try holding the camera further back. Focus is more important than how close you can get to the area.

Don't edit or add filters to your photos as this could affect the diagnosis.

The skin lesion (for example a mole, lump or wound) or rash needs to look the same on the screen as it does in real life.

Take more than one image

The first photo should establish the area on your body from a distance, the 2nd and subsequent photos should be closer photos of the area of concern.

If this is a rash, take a photo of the worst affected area.

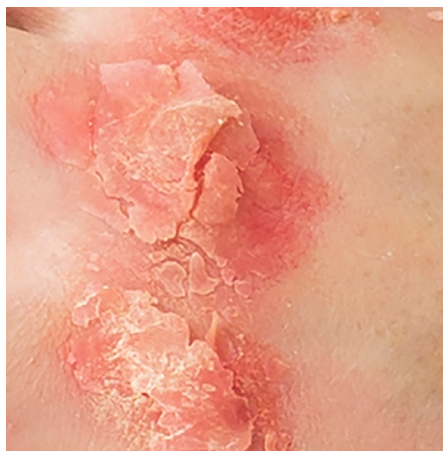
If different areas of the body are affected, photos of the different areas will be needed, for example on the face and on the body.

If this is a skin lesion, please include a tape measure or ruler in the picture to give an idea of size. If the lesion is raised, please try to take a side view if possible.

Be sure to review your photos before you send them to us.

Make sure they are the best quality possible and represent your skin condition clearly without any distractions.

Examples of good photos





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Date implemented: October 2023
Review date: October 2025
Leaflet No. 638 Edition 1