

A brief guide to help you take photographs appropriate for clinical use

If the clinical teams at Kingston Hospital have specifically asked you to send in photographs taken by yourself of your condition, then you can do this using the submission process online. This is the link: [Medical Photography - Kingston Hospital](https://kingstonhospital.nhs.uk/department/medical-photography/)

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Its important you use this process as all relevant information will then accompany your images. All photographs are stored on the Trust's secure server and will form part of your medical records. The better the image quality the more useful they will be to the clinical teams to assess. Therefore, we have made available this brief guide to taking photographs which we hope will help you in this endeavour.

Use daylight conditions to take your photographs. The majority of digital cameras are optimised for full daylight use and so if this is possible we recommend you take your photographs in daylight conditions.

The backgrounds of your photo matters. It is preferred that a plain colour background is used for your subjects e.g. all white or plain coloured background. This is preferred as it visually declutters the image enabling the attention to the main subject.

Take a general view and a close up. Please take a general view of the area of concern eg of the whole limb before taking close up images of the area on the limb. This will help orientate the views that you take.

Getting close up images in focus. There are apps available online to help with close up photography. This will help get any close ups in focus. A lot of images are not useable as they out of focus and are not readable.

Set camera to higher resolution and quality. Higher resolutions are preferred to aid quality of reproduction but obviously this is within reason.

Use a measurement. If possible a ruler can be place near the lesion or areas of concern to help illustrate scale of the image.