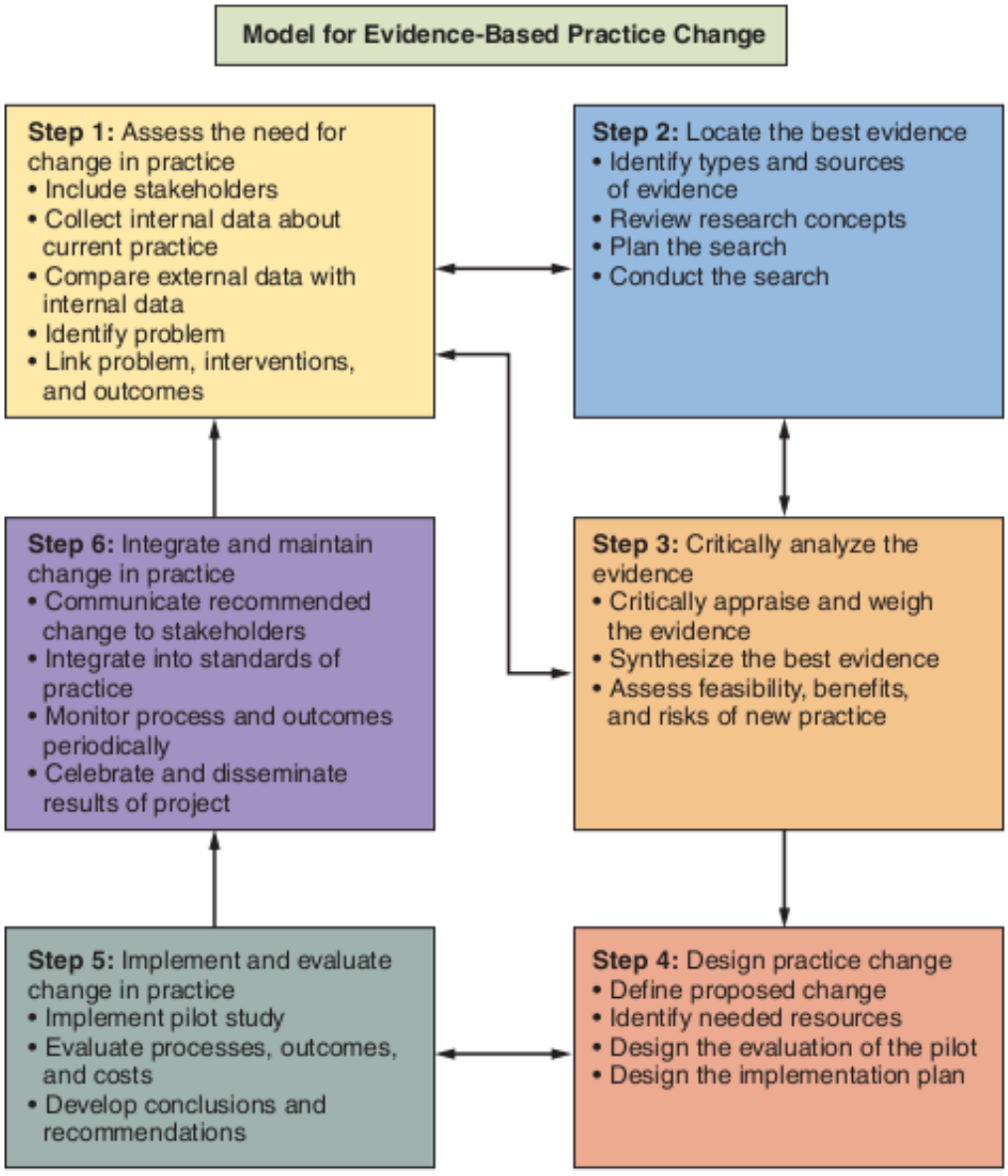
Appendix C

Model for Evidence-Based Practice Change



(Melnyk & Fineout-Overholt, 2015, p. 286)

Appendix D

Care4life Smartphone Application Pre-Utilization Survey

1. How long have you had diabetes?
2. What is your age and gender?
3. What brand of phone do you have?
4. What was your last HbA1c?

Care4life Smartphone Application Post survey

1. Did you find the application easy to use?
2. Did you find the information contained in the application useful?
3. Would you recommend this application to a friend?
4. What did you like about the application?
5. What could be improved about the application?
6. Did you like the text messaging reminders?
7. What aspects of the application did you use?

Appendix E

Demographics		
Total participants	N=10 installed	N=6 completed
Gender	50% male	50% male
Mean Age	61.5 ± 10.2	63.8 ± 10.7
Mean years with diabetes	11.9 ± 6.0	13.5 ± 4.7
Average BMI	34.8 ± 7.9	33.62 ± 7.2
Average HbA1c	7.4 ± 0.88	7.6 ± 0.95
Type of Phone	50% android/ 50% apple	50% android/ 50% apple

Outcomes (qualitative)	
Willingness to refer to a friend	67%
Aspects liked	Reminders, data collection, ease of use
Text messaging evaluation	67% positive
Easy to use	83% agreed
Provided useful information	83% agreed
Aspects used	Parameter tracking, reminders, educational functions