Appendix C Model for Evidence-Based Practice Change

Model for Evidence-Based Practice Change Step 1: Assess the need for Step 2: Locate the best evidence change in practice · Identify types and sources · Include stakeholders of evidence Collect internal data about Review research concepts current practice Plan the search Compare external data with Conduct the search internal data · Identify problem · Link problem, interventions, and outcomes Step 6: Integrate and maintain Step 3: Critically analyze the change in practice evidence Communicate recommended · Critically appraise and weigh change to stakeholders the evidence Integrate into standards of Synthesize the best evidence practice Assess feasibility, benefits, · Monitor process and outcomes and risks of new practice periodically Celebrate and disseminate results of project Step 5: Implement and evaluate Step 4: Design practice change change in practice Define proposed change Implement pilot study Identify needed resources · Evaluate processes, outcomes, Design the evaluation of the pilot and costs Design the implementation plan · Develop conclusions and recommendations

(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	