

Babies' transition from the NICU to home

Objective: The previous phases of this study examined the service delivery gap in the Neonatal Intensive Care Unit (NICU) transition process to identify parental areas of need and create a NICU Transition Contract. This contract includes information to support parents during the transition from the NICU to the home. The current phase will examine existing mechanisms of disseminating healthcare information in various fields. This will help guide the development of an accessible program (e.g., a website or mobile app) that will enhance the contents of the NICU Transition Contract and equip parents for their discharge from the hospital to home. This phase will also evaluate which type of program is most preferred, affordable, and accessible for disseminating information.

Method: Participants of Phase II were asked to rank their information presentation preference: paper document, in-person class, or a mobile app. The mobile app was ranked highest by 45.5% of respondents. It is important to note that a website was not presented as a choice. Phase III examines quantitative and qualitative data addressing financial, time, and publication requirements for the creation of mobile apps and websites.

Results: Mobile apps are more expensive than websites and require different programming for two main mobile platforms (iOS and Android). Websites can be coded once and be used across both mobile and non-mobile platforms. Websites are also more affordable and easier to maintain as they do not have update or publication requirements, unlike apps.

Conclusion: A mobile website can be created and later used as a template for a mobile app, which was the parents' preferred dissemination method.