

# Abstract Submission Template

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## Contact information of individual submitting the abstract

**Name:** Emma Radbron

**Title:** Registered Nurse and PhD Candidate

**Email:** emma.radbron@health.nsw.gov.au

**Phone number:** +61 413694577

**Address:**

Nursing and Midwifery Research Unit  
Level 8 Wollongong Hospital,  
Crown St Wollongong  
NSW Australia 2500

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## Abstract Information

**Title:** Focusing on the 'HOW'. Evaluating person-centred care using a mHealth app

**Author(s):** Emma Radbron\* PhD (Candidate), Professor Valerie Wilson<sup>KU</sup>, Dr Rebekkah Middleton<sup>KU</sup> & Professor Tanya McCance

**Affiliation(s)** University of Wollongong and Illawarra Shoalhaven Local Health District (ISLHD)

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## Abstract

**(250 word maximum)**

**Purpose:** There is an abundance of literature reporting the use of mHealth applications to capture data in healthcare (the 'what'). However, there is a significant gap regarding the development of mHealth apps that capture person-centred data and HOW that data is used as a lens to evaluate and transform clinical practice. This presentation outlines an approach to evaluating person-centred

practice utilizing a mobile health (mHealth) application, focusing on HOW nurses and midwives use data to evaluate and improve practice in implementation research studies.

**Methods:** This Action Research study focusses on working with two clinical teams who are using the app to understand the ways in which data (evidence) is generated and then used to inform and evaluate practice change.

**Results:** Using person-centred KPIs via a mHealth application is an effective way to evaluate and improve person-centred practice. Over continuous cycles of data collection staff utilized the data (knowledge) collected via the app to evaluate practice and develop a number of person-centred practice changes. Strategies to translate knowledge into practice included staff sessions, focus groups and anonymous feedback.

**Conclusions:** With so many mHealth applications available, it is essential that further research is undertaken to explore how nurses and midwives are utilizing data to inform their practice. This study provides strong insight into how data generated from the app is being used by nurses and midwives to transform their practice.

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