

DOLFIN study app – user guide

Downloading the app

Download the DOLFIN app from the Apple store or Google Play (search for “DOLFIN”, “DOLFIN trial”, or “DOLFIN Newcastle”). The app is produced by Newcastle University – one of the study organisations.

This is the app on the Google Play Store (for Android phones).

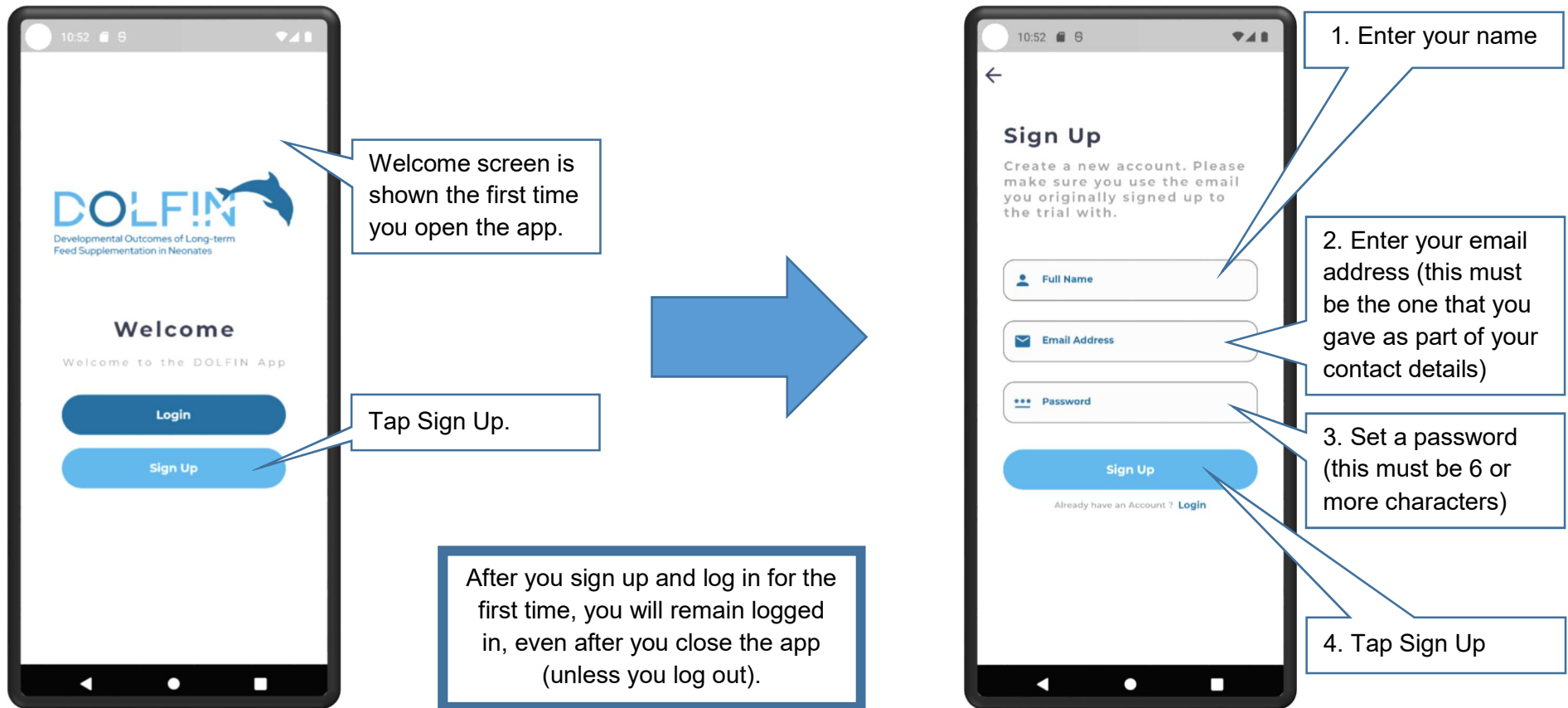
This is the app on the Apple Store (for iPhones).

Follow this QR code to go to the app on the Google Play Store.

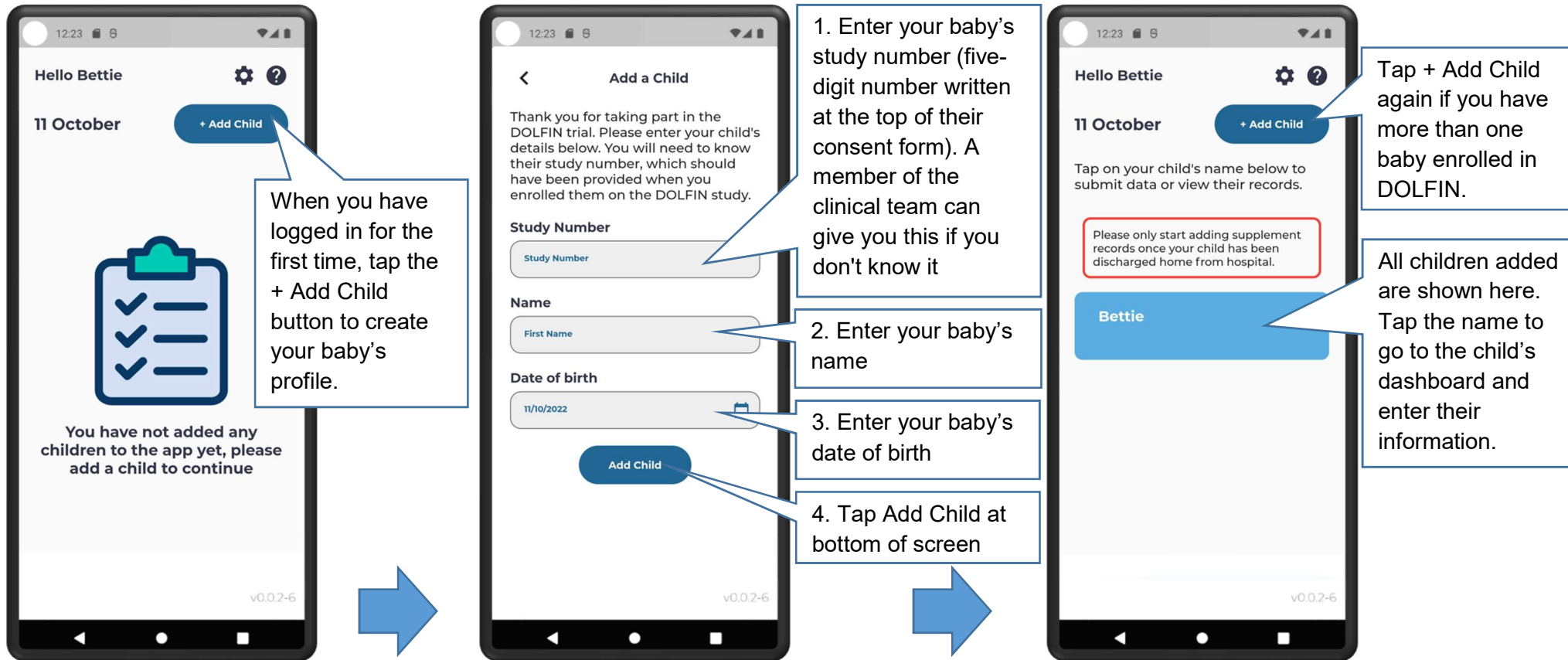
Follow this QR code to go to the app on the Apple Store.

The image displays two smartphone screens. The left screen shows the Google Play Store listing for 'DOLFIN Newcastle University RSE Team', featuring an 'Install' button and a QR code. The right screen shows the 'DOLFIN Trial' app interface on an iPhone, with a 'GET' button and a QR code. Callout boxes with arrows point from the text to the respective app listings and QR codes.

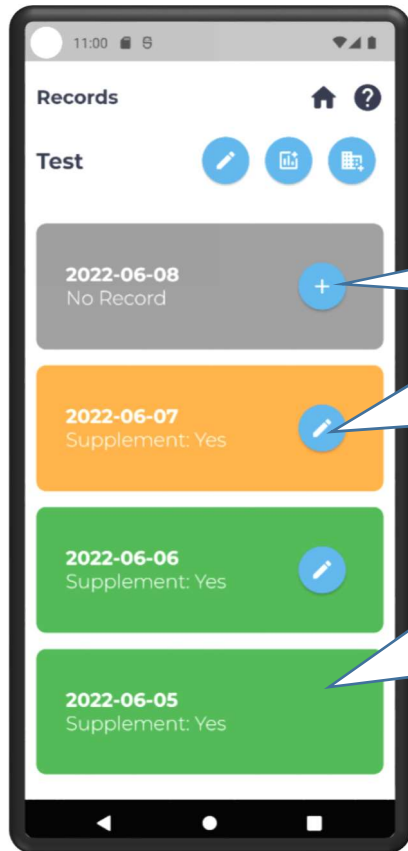
Welcome screen



Adding a child to your profile



Child dashboard

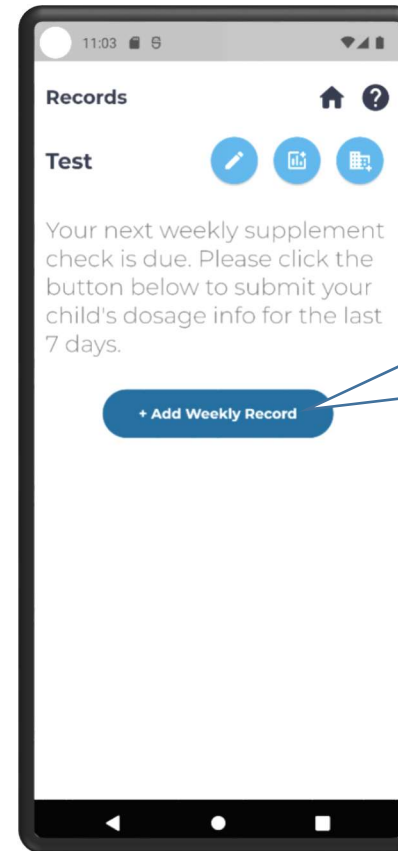


For the first three months of giving the supplement, please let us know each day whether you gave your baby their supplement.

Tap the + icon to tell us if your baby had their supplement for this day.

Tap the pencil icon if you need to change supplement information you have entered for a day. You can change this information for up to 24 hours.

Green = your baby had all of their supplement; yellow = your baby had some of their supplement; red = your baby did not have their supplement; grey = information not yet given.



After the first three months, we will ask you to tell us how many days your baby had their supplement the week before.

Tap + Add Weekly Record to tell us how many days your baby had their supplement in the last week.

	<p>Tap the pencil icon at the top to update your child's details (e.g. their name).</p>		<p>Tap the chart icon to go to the Weight section.</p>		<p>Tap the hospital icon to tell us if your baby has had an unplanned hospital admission.</p>
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Supplement record – daily

Daily Supplement Check

Thank you for taking part in the DOLFIN trial. It is important you give the DOLFIN supplement to your child every day, unless they are unable to take it because they are too unwell. Please use this form to let us know whether or not your baby has had their supplement today.

If you have any questions or concerns about your baby or giving the supplement, please contact your local NHS clinical team using the contact details in your Parent Discharge Pack. If you are having trouble completing this form, please contact the research team on dolfin@npeu.ox.ac.uk / 01865 617919.

Date

17/10/2022

Supplement

Have you given your baby their DOLFIN supplement today?

Yes, all of it

This is what you see if you tap the + icon on a date.

Choose the correct option to tell us whether your baby had their supplement today (Yes, All of it; Yes, Some of it; or No).



If you answer “Yes, some of it” or “No”, another question will ask for more information.

When you have filled in your answers, tap “Add Record”.

Thank you for letting us know. It would be helpful for us to know why:

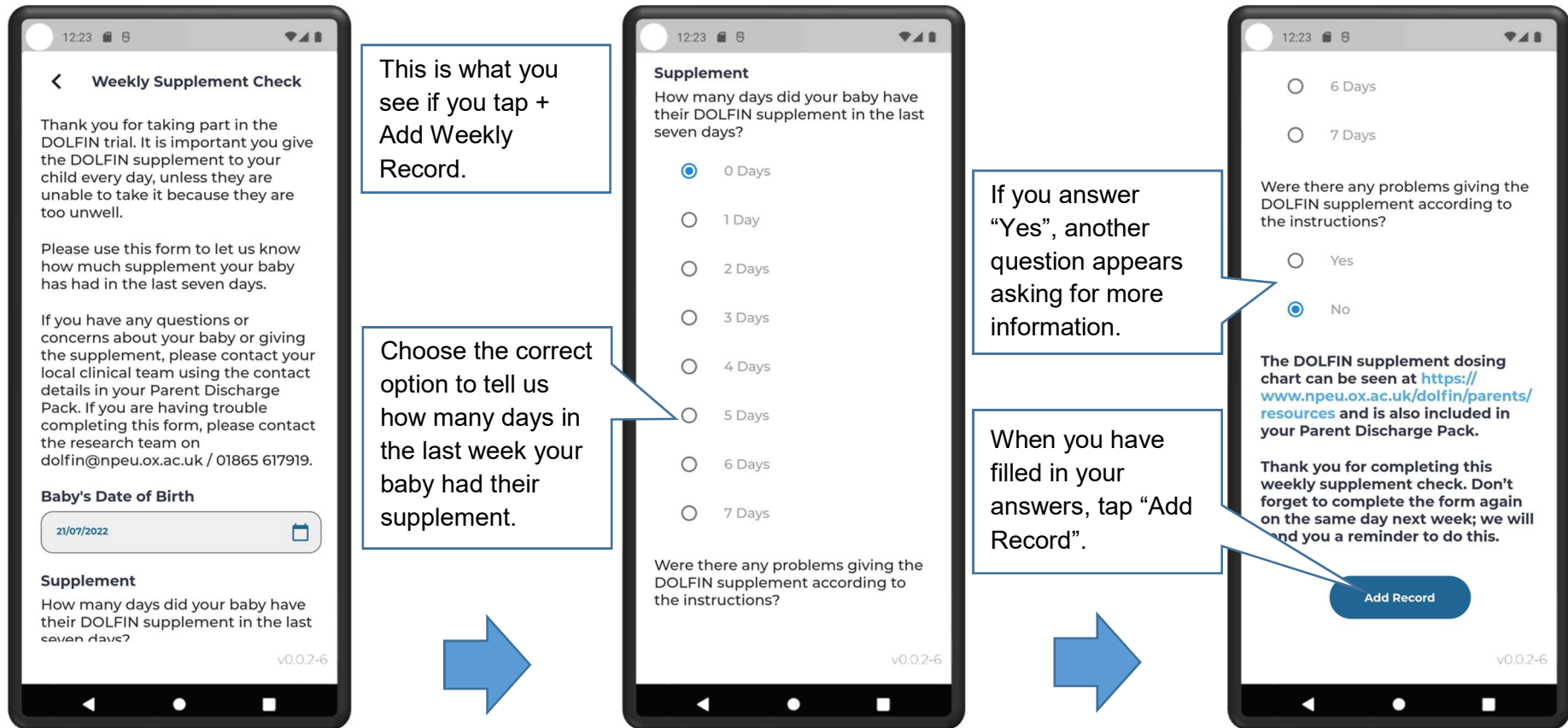
- I forgot
- I have run out
- My baby refused it
- My baby spat it out
- My baby was too unwell to take the supplement
- Other

The DOLFIN supplement dosing chart can be seen at <https://www.npeu.ox.ac.uk/dolfin/parents/resources> and is also included in your Parent Discharge Pack.

Thank you for completing this daily supplement check.

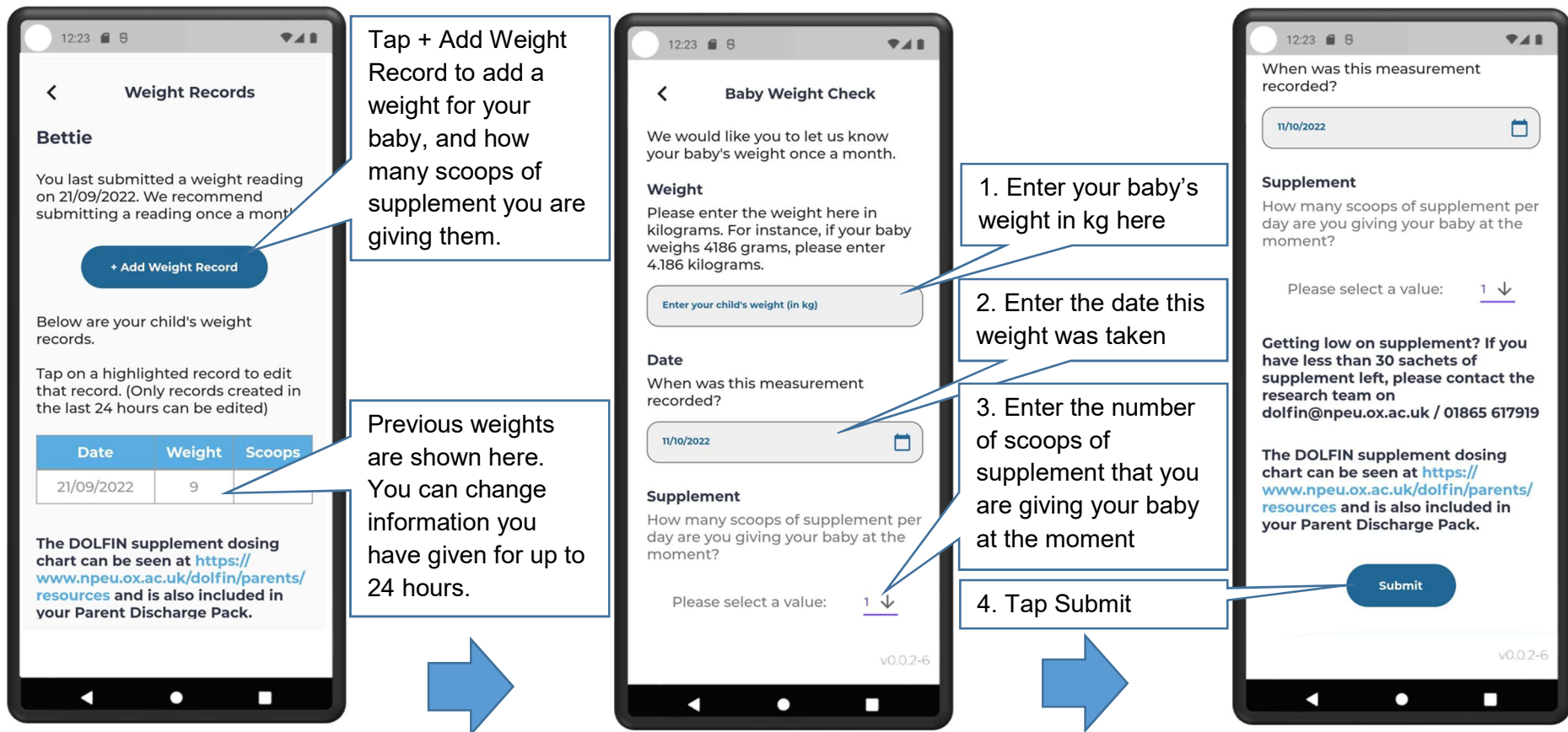
Add Record

Supplement record – weekly



Weight section

Please tell us a weight for your baby once a month. You do this by going to the Weight section:

Weight Records

Bettie

You last submitted a weight reading on 21/09/2022. We recommend submitting a reading once a month.

+ Add Weight Record

Below are your child's weight records.

Tap on a highlighted record to edit that record. (Only records created in the last 24 hours can be edited)

Date	Weight	Scoops
21/09/2022	9	

The DOLFIN supplement dosing chart can be seen at <https://www.npeu.ox.ac.uk/dolphin/parents/resources> and is also included in your Parent Discharge Pack.

Baby Weight Check

We would like you to let us know your baby's weight once a month.

Weight
Please enter the weight here in kilograms. For instance, if your baby weighs 4186 grams, please enter 4.186 kilograms.

Enter your child's weight (in kg)

Date
When was this measurement recorded?

11/10/2022

Supplement
How many scoops of supplement per day are you giving your baby at the moment?

Please select a value: 1

When was this measurement recorded?

11/10/2022

Supplement
How many scoops of supplement per day are you giving your baby at the moment?

Please select a value: 1

Getting low on supplement? If you have less than 30 sachets of supplement left, please contact the research team on dolphin@npeu.ox.ac.uk / 01865 617919

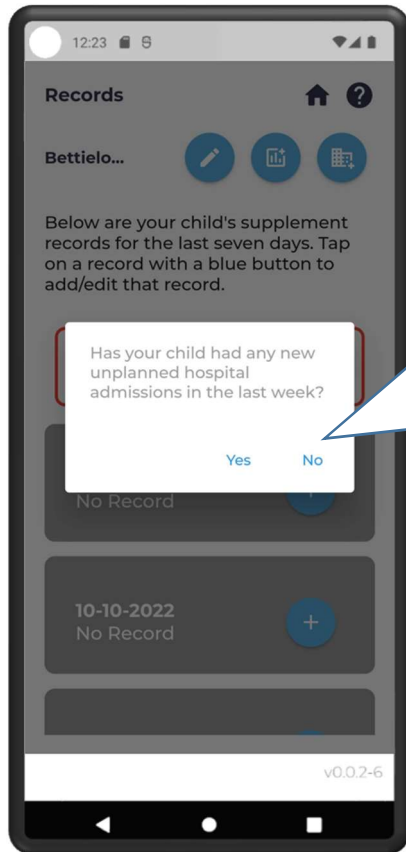
The DOLFIN supplement dosing chart can be seen at <https://www.npeu.ox.ac.uk/dolphin/parents/resources> and is also included in your Parent Discharge Pack.

Submit

1. Enter your baby's weight in kg here
2. Enter the date this weight was taken
3. Enter the number of scoops of supplement that you are giving your baby at the moment
4. Tap Submit

Reporting hospital admissions

If your baby has an unplanned hospital admission, please tap the Hospital Admissions icon to tell us about this:

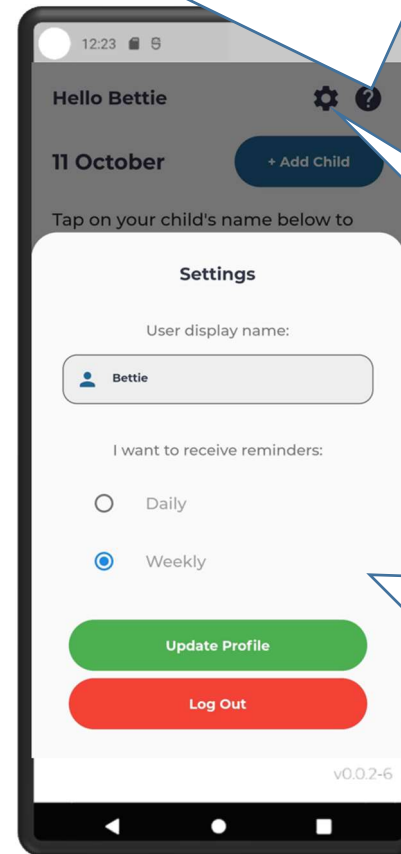


A pop-up will appear when you tap the icon. Tap Yes to report an admission. You will not be asked for any further information through the app about the admission.

Tap No if you chose the icon by mistake.

Help and Your Profile

Tap the query (Help) icon on the main page (where your baby's name is listed) to access the Help section. Contact dolphin@npeu.ox.ac.uk if you are having any difficulty using the app.



Tap the cogwheel (Settings) icon to access your profile.

On your profile you can:

- Update your display name
- Switch between daily and weekly reminders

Tap Update Profile to save changes.