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Developing and verifying the validity and reliability of the e-health management platform

Mei-Chen Su, Hui-Chi Huang, Min-Yu Chang, An-Shine Chao and Lee-Ing Tsao
National Taipei University of Nursing and Health Sciences, Taiwan

Women with previous gestational diabetes mellitus (GDM) are at increased risk for developing type 2 diabetes mellitus or metabolic syndrome in their later life. Infants of mothers with GDM are more susceptible to stillbirth and more serious health concerns. Although the production environment has become increasingly friendly, current practices lack integrated care that aim to prevent chronic diseases for pregnant women who were at a high risk of GDM. The purpose of this study was to integrate GDM health care knowledge, self-awareness of health, self-monitoring of health status (i.e., recording weight and measurement data of metabolic syndrome risk factors and monitoring changes in data trends); participation in discussions or browsing forums; healthy lifestyle guidance and counseling; reminder systems, a token system of earning points in exchange for prizes to create a reliable and effective e-health management platform (eHMP). The research was conducted according to ADDIE teaching model, conducted in the five stages of analysis, design, development, implementation, and evaluation in order to explore the effectiveness of the developed eHMP. This e-health management platform is reliable and valid (expert validity: content validity index=0.973-0.991; user-evaluated content validity: content validity index=1.00; and test-retest reliability: intra-class correlation=0.805-0.957). The eHMP was developed using cross-disciplinary collaboration among nursing staff, medical practitioners, and information engineers in order to prevent the risk of women with prior gestational diabetes mellitus developing metabolic syndrome. The eHMP provides tailored health education content for pregnant women in a timely manner and compiles historical assessment data that may be referenced by nursing staff while providing health consultations and by physicians while delivering diagnoses and treatments.

Biography

Mei-Chen Su is an Assistant Professor working for the School of Nursing in National Taipei University of Nursing and Health Sciences. She has completed her PhD from the National Taipei University of Nursing and Health Sciences, Taiwan. She has been teaching for nursing students at different levels for over 16 years. Her research interests include women health, E-health, community health nursing and adolescent health. She has published more than 10 papers in reputed journals.

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