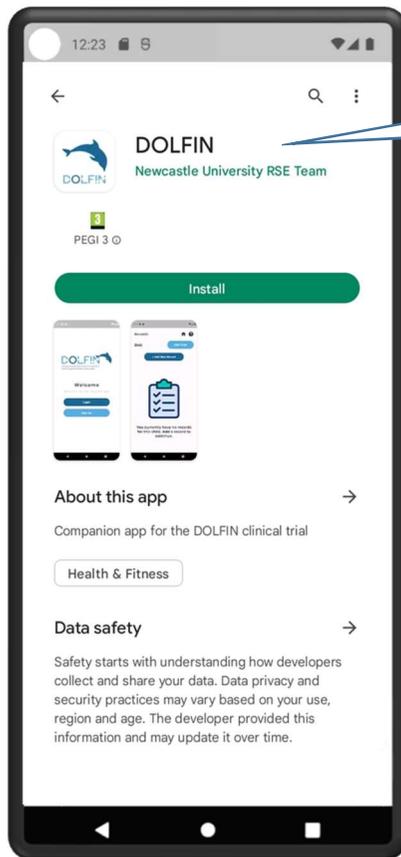


## DOLFIN study app – user guide

### 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).

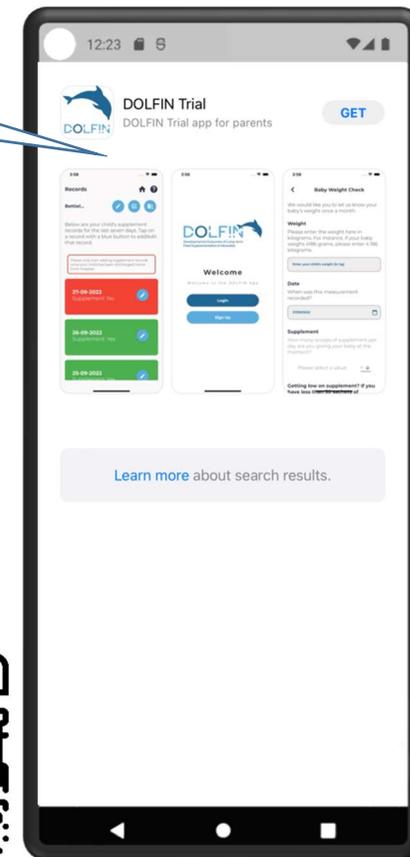
This is the app on the Apple Store (for iPhones).

We recommend that you check for updates to the app regularly on the app store you downloaded it from. If your phone prompts you to update the app, please follow instructions to do this.

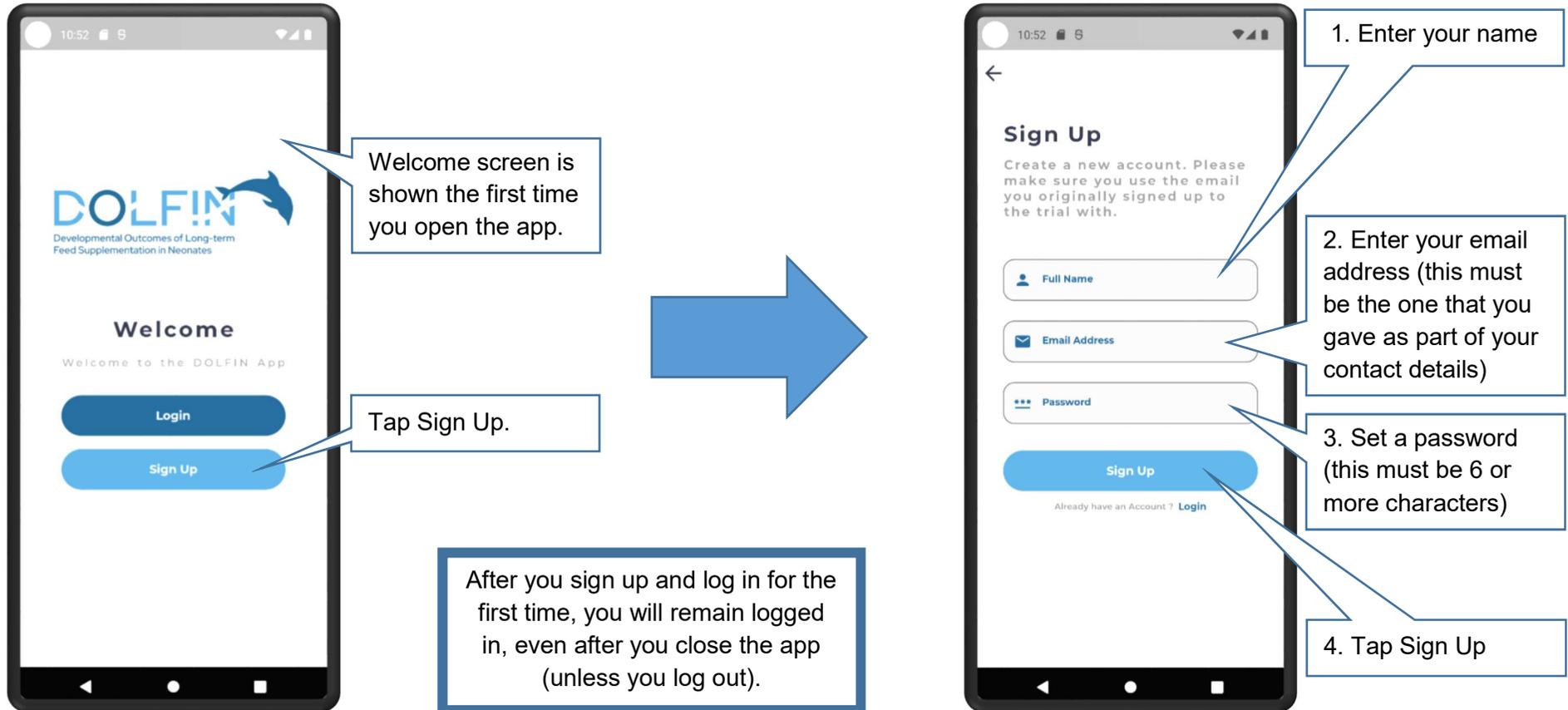
Follow this QR code to go to the app on the Google Play Store.



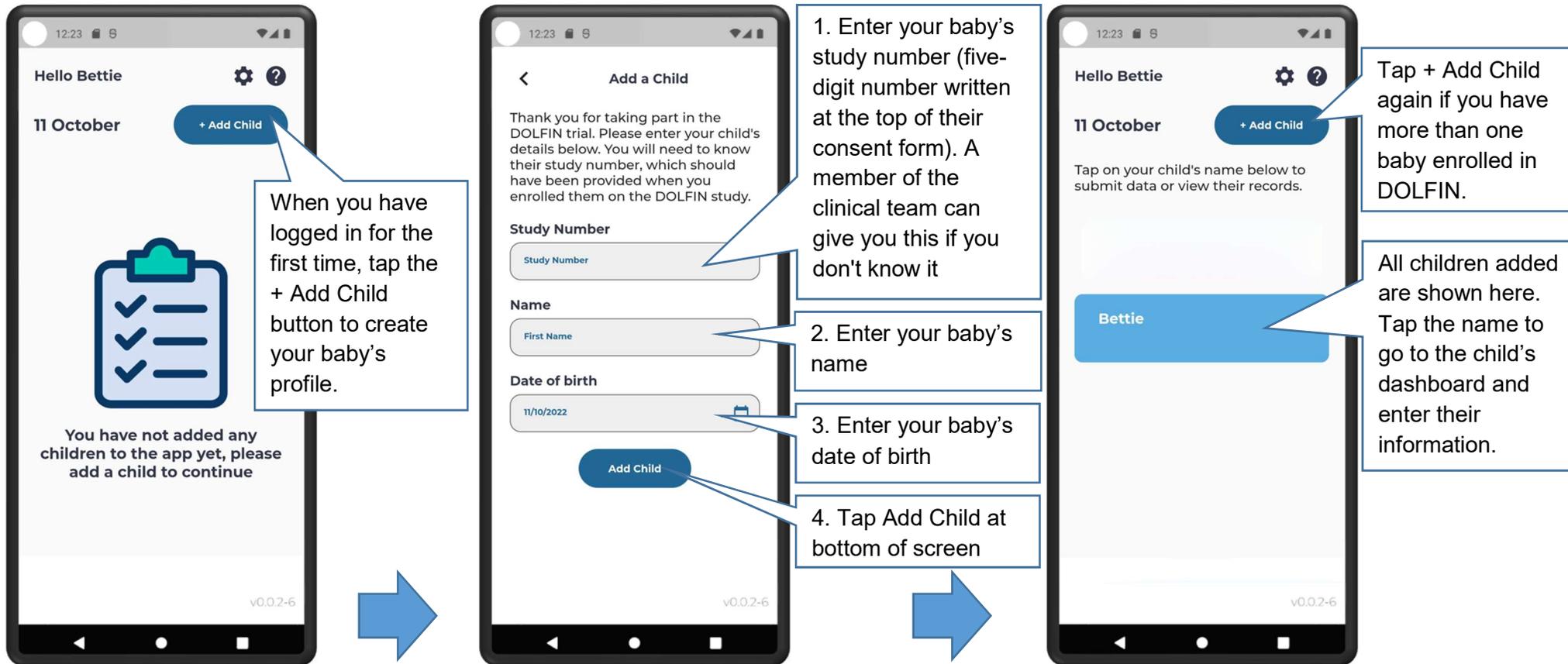
Follow this QR code to go to the app on the Apple Store.



## Welcome screen

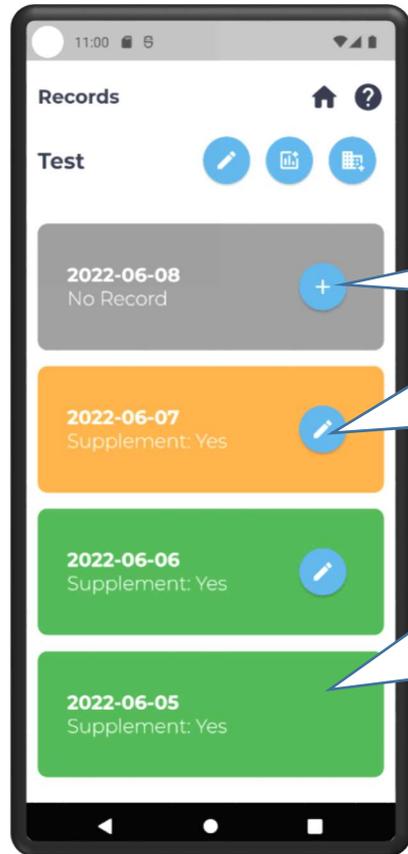


## Adding a child to your profile



If you need to update the name or date of birth that you have entered for your baby, please get in touch with the DOLFIN team at [dolfin@npeu.ox.ac.uk](mailto:dolfin@npeu.ox.ac.uk)

Child dashboard

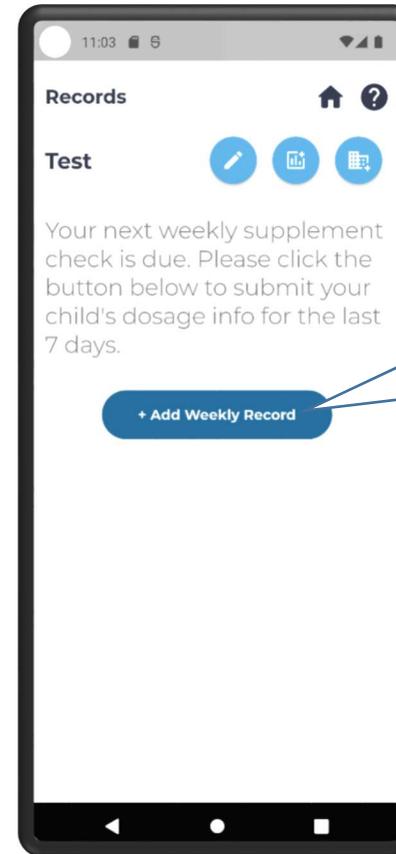


**For the first month of giving the supplement**, please let us know each day whether you gave your baby their supplement.

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 month**, 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](mailto: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:

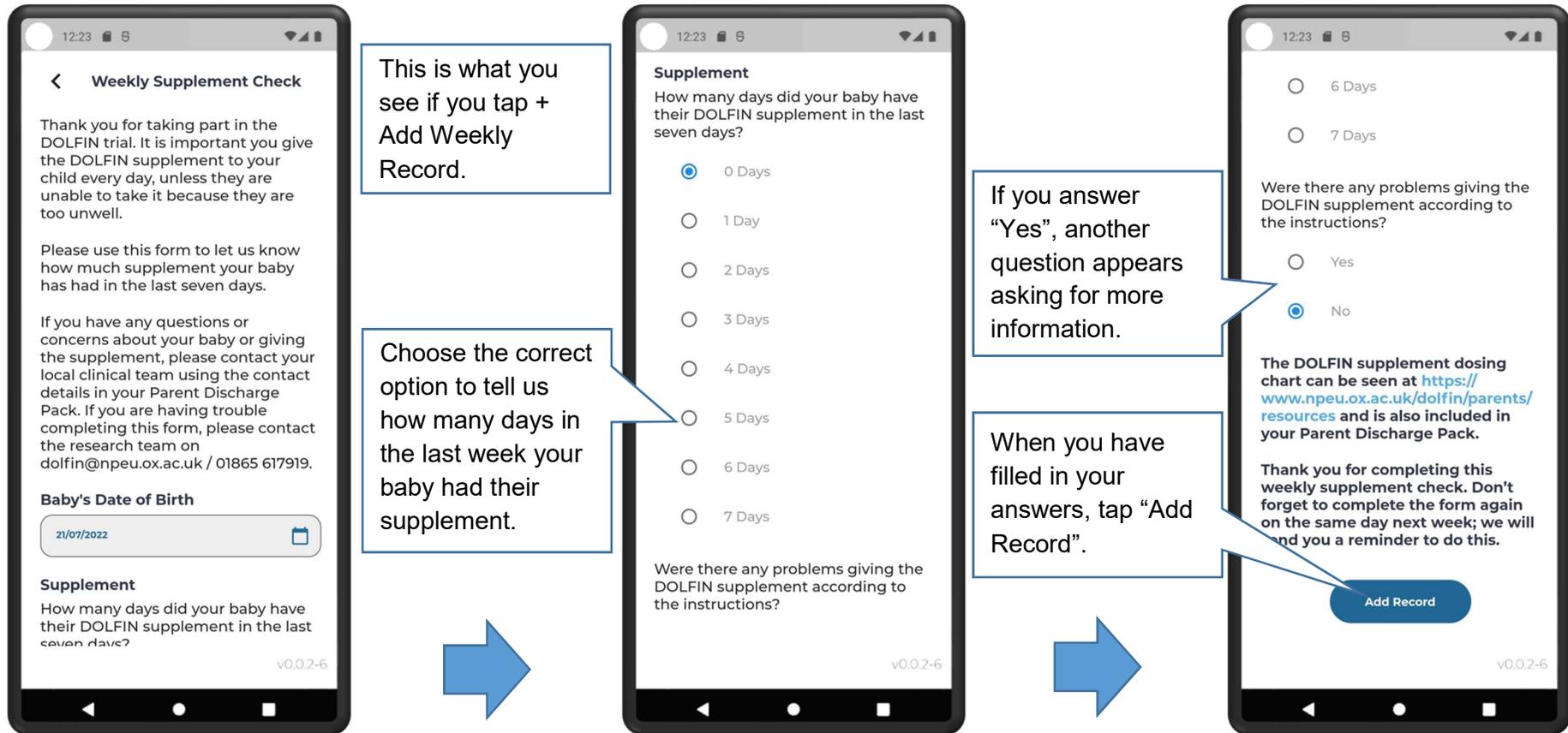
- I forgot
- I have run out
- My baby refused it
- My baby spat it out
- My baby was too unwell to take the supplement
- Other

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.

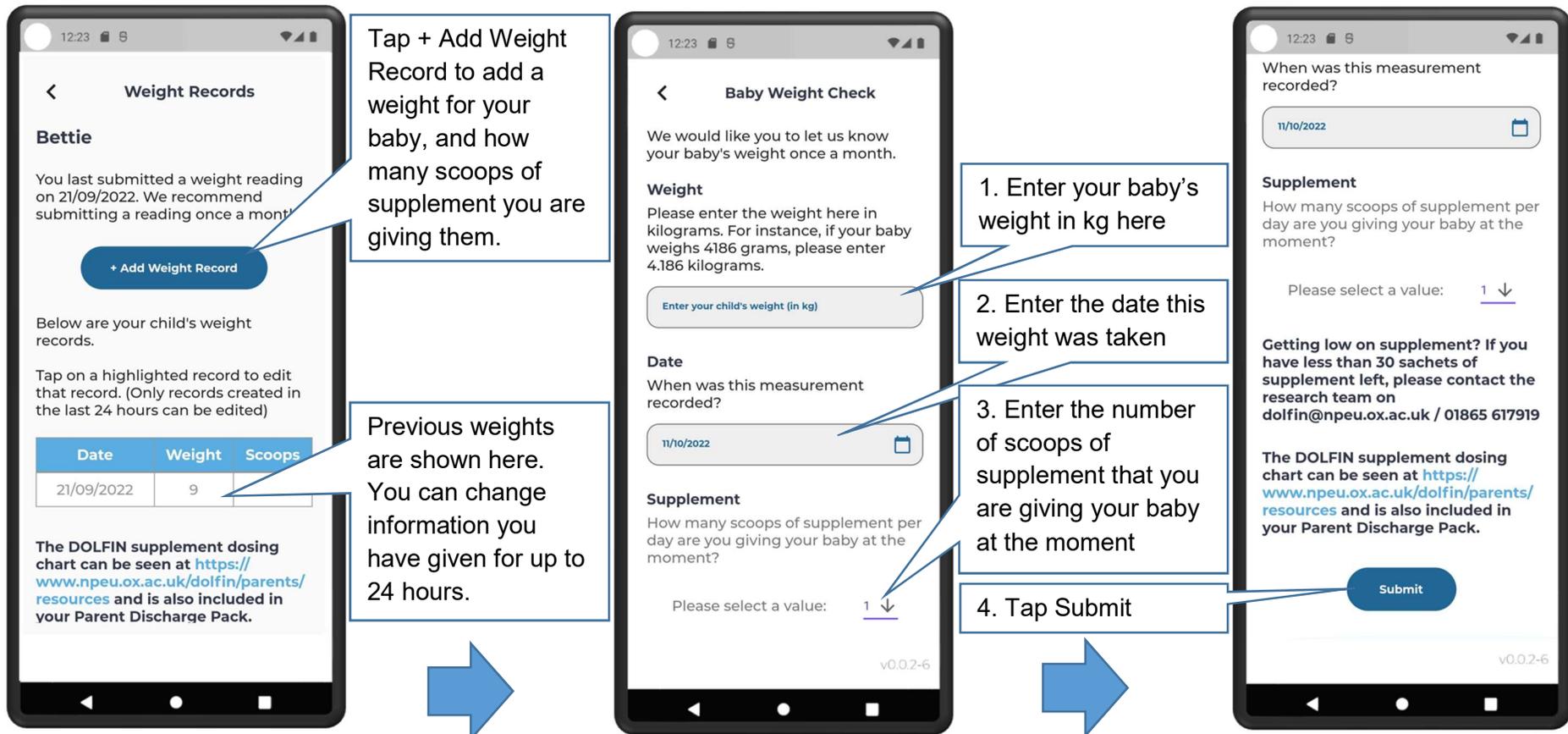
**Add Record**

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:

**Tap + Add Weight Record to add a weight for your baby, and how many scoops of supplement you are giving them.**

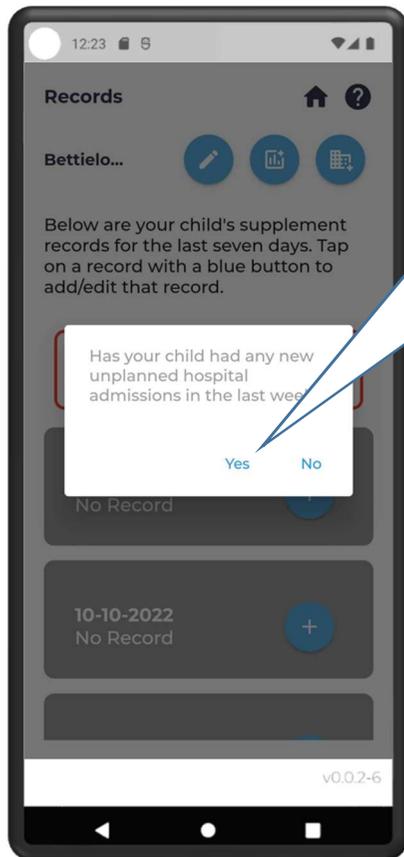
**Previous weights are shown here. You can change information you have given for up to 24 hours.**

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

Check the dosing chart in your Discharge Pack / at <https://www.npeu.ox.ac.uk/dolphin/parents/resources> if you want to find out how many scoops of supplement you should be giving based on your baby's weight. The app does not calculate this for you.

### Reporting hospital admissions

If your baby has an unplanned hospital admission that you have not already told us about, please tap the Hospital Admissions icon to tell us about this:

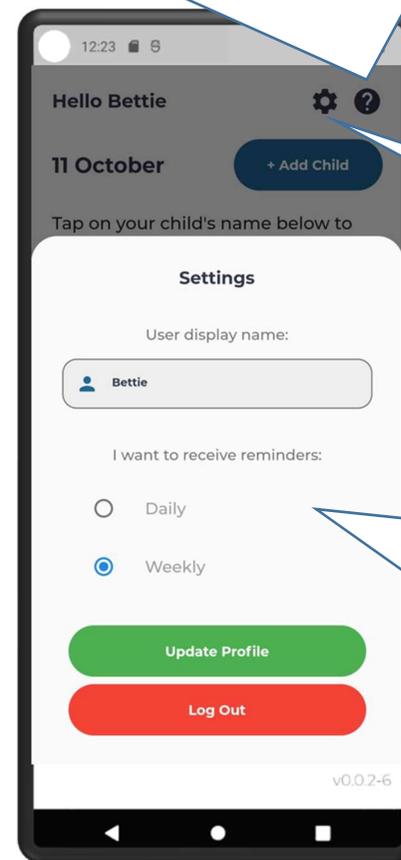


A pop-up will appear when you tap the icon. Tap Yes to report an admission. You will not be asked for any further information through the app about the admission.

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 [dolfin@npeu.ox.ac.uk](mailto:dolfin@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.