

How to use the Health Care Provider's Guide to Breastfeeding mobile app

Description

The Health Care Provider's Guide to Breastfeeding (**BF guide**) is an authoritative clinical resource for physicians, nurses, dietitians, and other health care providers (HCP's). No internet connection is required to access the content in this app. Links to external references and resources included in some sections of the **BF guide** are accessible when a WiFi connection is available.

Accessibility Features

The Texas Department of State Health Services (DSHS) is committed to making its electronic information resources, such as mobile apps, accessible to all users and compliant with Section 508 standards. This mobile app is compatible with your device's accessibility settings, and has passed DSHS testing criteria to identify any barriers to its accessibility. Additionally, a screen zoom feature has been added on HTML content screens to improve readability for the visually impaired.

We welcome comments on how to improve this mobile app's accessibility for users with disabilities. If you use assistive technology and the format of any material on our app interferes with your ability to access the information, please contact the EIR Accessibility Coordinator via e-mail (eir.accessibility@dshs.state.tx.us) or phone (512) 458-7111 extension, 2913 or TDD 1-800-735-2989. For more information the Texas Department of State Health Services Accessibility Policy, please visit <http://www.dshs.state.tx.us/policy/accessible.shtm>.

Instructions For Android Users

Finding Content

Access relevant content easily using:

Home Buttons

These are shortcuts to frequently-used content in the **BF guide**, organized to help HCP's make point-of-care decisions quickly and easily. Content has been categorized into top ten issues, common maternal and infant breastfeeding conditions, current breastfeeding statistics, evidence and recommendations, resources for patients and HCP's (including training and CME's), and commonly used diagnosis codes.

Content "Drawer"

The **BF guide** drawer can be accessed from anyplace in the app. It includes the Table of Contents, MyLog, and the home buttons shortcuts. Tap the drawer icon in the left corner of the top navigation bar, or pull out the drawer by dragging your finger from the left side of any screen of the app.

Table of Contents

You may prefer to read the **BF guide** like a book, by using the "Table of Contents" which includes all sections of the app - including references.

Search

You can tap the Search icon in the right of the top navigation bar to search for content by keyword.

Bookmark, Take Notes, and Share Content with MyLog

The MyLog feature in the Content Drawer shows your library of Bookmarks, highlighted sections of content, and annotations (both text Notes and Voice Memos).

Creating Bookmarks

To bookmark sections of content for future reference, simply tap the teal ribbon in the upper right corner of the page. To unbookmark it, tap again.

To access your bookmarks from anywhere in the app, open the Content Drawer by tapping the drawer icon or by dragging your finger from the left side of any screen of the app. Tap the **MyLog** icon, then tap 'Bookmarks' to see and edit a list of your bookmarked items.

Creating and Sharing Notes

Highlight content of interest, then add a Text Note or record a Voice Note for it. Think of the Notes feature as a highlighter, virtual Post-It® and dictation device in one.

To access your Notes from anywhere in the app, open the Content Drawer and tap the **MyLog** icon. Tap 'Notes' to see and edit a list of your notes. Tap the microphone icon to access a voice note. Click a note title to be taken to your originally highlighted text, and tap the sticky note in the margin to see your text Note.

To Highlight Text

In order to make a note in the **BF guide**, you must first highlight the content of interest selecting the text and tapping 'Add Note' to highlight a section of text and place a corresponding sticky note icon in the margin next to it.

To select text: tap and hold your finger over the text of interest. Release your finger when the selected text is in a light blue box and drag the handles to surround the text you'd like to highlight. The 'Add Note' pop-up menu is displayed.

To save highlight on text: Tap 'Add Note' in the pop-up menu and the text will be highlighted in yellow, and a small yellow sticky note will appear in the margin.

To change the color of the highlight: Tap the highlighted text for the 'Choose Color – Show Note – Share Note' pop-up menu appears.

To Add a Text Note

Tap the small sticky note icon in the margin to begin typing your own Note to correspond with your highlighted content and tap the checkmark to save it.

Alternatively, tap the highlighted text and select 'Show Note' from the 'Choose Color – Show Note – Share Note' pop-up menu and begin typing a Note.

To Share a Note

Note the other menu items at the bottom of the Note screen. The Share feature allows you to share the selected, highlighted content and your corresponding Note via email.

To Add a Voice Note

Tap the 'Voice' button at the bottom of the Note screen to dictate a voice note for the content you've highlighted. Once a voice note has been recorded, you can re-play, re-record, or delete it. Click 'Text' to return to the Text Note page.

Instructions for iPhone Users

Finding Content

Access relevant content easily through three main features of this app:

Home Buttons

These are shortcuts to frequently-used content in the **BF guide**, organized to help HCP's make point-of-care decisions quickly and easily. Content has been categorized into top ten issues, common maternal and infant breastfeeding conditions, current breastfeeding statistics, evidence and recommendations, resources for patients and HCP's (including training and CME's), and commonly used diagnosis codes.

Table of Contents

You may prefer to read the **BF guide** like a book, all sections of the app - including references - can be accessed by clicking the "Table of Contents" icon in the bottom navigation bar.

Search

You can tap the Search icon in the bottom navigation bar to search for content by keyword.

MyLog – Bookmarks, Notes, and Sharing

By clicking on the MyLog icon in the bottom navigation bar, you can see a library of all your Bookmarks, highlighted sections of content, and annotations (both text Notes and Voice Memos).

Creating Bookmarks

To bookmark sections of content for future reference, simply tap the teal ribbon in the upper right corner of the page. To unbookmark it, tap again.

To access your bookmarks from anywhere in the app, tap the **MyLog** icon in the bottom navigation bar, then tap 'Bookmarks' to see and edit a list of your bookmarked items.

Creating and Sharing Notes

Another way to personalize the **BF guide** to your needs is to highlight content of interest, and then add a text Note or record a Voice Memo for it. Think of the Notes feature as a highlighter, virtual Post-It® and dictation device in one.

To Highlight Text

In order to make a note in the **BF guide**, you must first highlight the content of interest selecting the text and tapping 'Note' to highlight a section of text and a corresponding sticky note icon in the margin next to it.

To select text: Tap and hold your finger over the text of interest. Release your finger when the text (or single word) is magnified and the selected text is in a light blue box with handles on either side. The Copy-Share-Note pop-up menu is displayed. Hold and drag the handles to surround the text you'd like to highlight.

To highlight text: Tap 'Note' in the pop-up menu displayed and the text will be highlighted in yellow, and a small yellow sticky note will appear in the margin.

To change the color of the highlight: Tap the highlighted text for the 'View-Highlight-Share' pop-up menu to appear, and tap 'Highlight.'

To Add a Note

Tap the small sticky note icon in the margin to begin typing your own Note to correspond with the content you've just highlighted.

Alternatively, tap the highlighted text and select 'View' from the 'View-Highlight-Share' pop-up menu, and begin typing a Note.

To Share a Note

Note the other menu items at the bottom of the Note screen. The Share feature allows you to share the selected, highlighted content and your corresponding Note via email.

To Add a Voice Memo

Tap the 'Voice Memo' menu item at the bottom of the Note screen to dictate a voice note for the content you've highlighted. Once a voice memo has been recorded, you can re-play, re-record, or delete it. Click 'Done' to return to the default Note page.

To access your Notes from anywhere in the app, tap the **MyLog** icon, then tap 'Notes' to see and edit a list of your notes. Tap the microphone icon to access a voice note. Click a note title to be taken to your originally highlighted text, and tap the sticky note in the margin to see your text Note.