



## Use and Benefits of an mHealth Application to Manage Pediatric Asthma

Asthma is a serious chronic lung disease that affects millions of children in the United States. Mobile health (mHealth) technologies may help children, their caregivers, and their physicians manage asthma.

This study evaluated an mHealth app designed to engage, educate, and facilitate children and their caregiver's access to care, and to enhance communication between children, caregivers, and physicians. The Nemours app features include medication reminders, labeled pictures of asthma medications and videos to demonstrate proper medication use, asthma education resources, digital tracker to record asthma symptoms, interactive asthma action plan, air quality index, telehealth video visits, and messaging system.

The aims of the study were to: 1) examine how frequently physicians and caregivers/children used the app and which features were used and 2) identify whether app use yielded benefits for physicians, caregivers, and children who used it for managing asthma.

**December 15, 2021**

**1:25–2:25 pm (EST)**

**Optional discussion to follow  
Online through Zoom**



### About the Speaker

**Kandia Lewis, PhD**, is a research scientist with the Center for Health Delivery Innovation at Nemours Children's Health. As a nationally certified school psychologist, she has a breadth of knowledge about children's social, emotional, behavioral, and academic development. Dr. Lewis has wide-ranging training and experience in behavioral science research, including empirical validation of child programming and interventions, evaluation of mobile health (mHealth) technology, development and validation of questionnaires and measures, and mixed methods research.

Her research examines factors promoting children's health and educational well-being, centering on how the environment contributes to a child's development. Dr. Lewis collaborates with interdisciplinary teams to examine ways to improve outcomes for children and families within healthcare and educational systems.

She received a PhD in Education with a specialization in School Psychology from the University of Delaware, and she completed her postdoctoral work at Temple University.

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