

Background

- The Institute on Digital Health and Innovation (IDHI) advances individual and public health through digital health research, training, and innovation.
- Program development is the systematic process of designing, implementing, and evaluating programs to achieve goals.¹
- Evaluation is essential to measure results, show value, and ensure accountability.²
- Previous program evaluation identified two areas in which the IDHI could further strengthen departmental capacity:
 - 1) The Florida State University College of Nursing mission didn't initially include a research initiative, so opportunities were identified to better leverage faculty and staff expertise.
 - 2) Enhance the HealthMpowerment digital health intervention through expanded engagement tools.

Methods

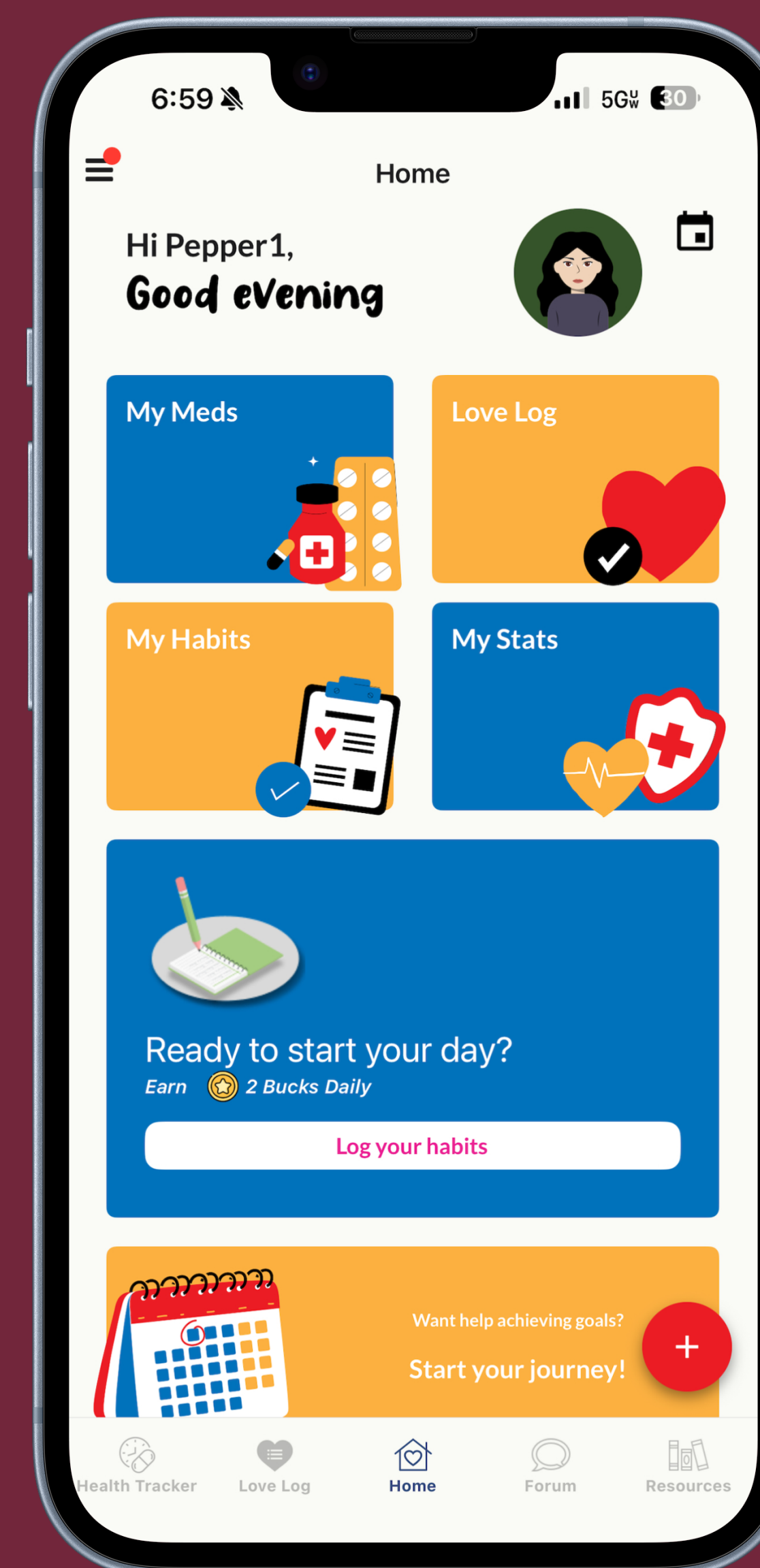
Faculty & Staff Expertise Matrix

Curriculum vitae of IDHI faculty & staff were reviewed to synthesize areas of expertise, which were condensed into standardized, searchable descriptors. Common terminology was established to enable thematic analysis and improve filterability. The matrix was iteratively developed in spreadsheet software using ongoing feedback and program evaluation to refine content and functionality in supporting collaboration, teaching, and program development.

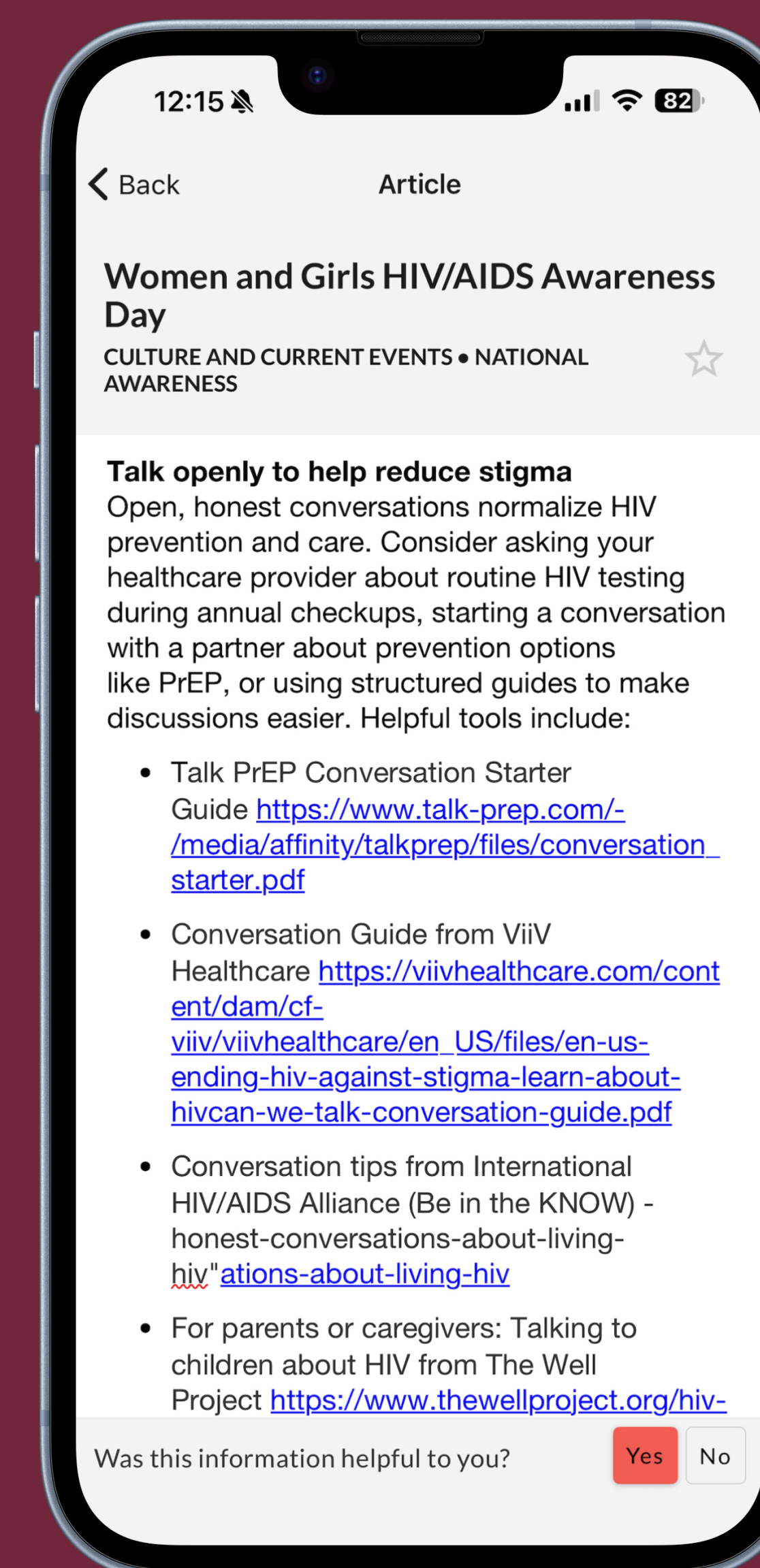
HealthMpowerment (HMP) Content Development

Content topics for HMP were identified based on program needs and platform gaps. Peer-reviewed sources were then used to inform articles, activities and polls. Content was refined through multiple drafts to balance academic accuracy and scalability, intentionally incorporating topics for additional audiences. Evaluation focused on quality, relevance, and alignment with HMP's theory-based digital health framework.

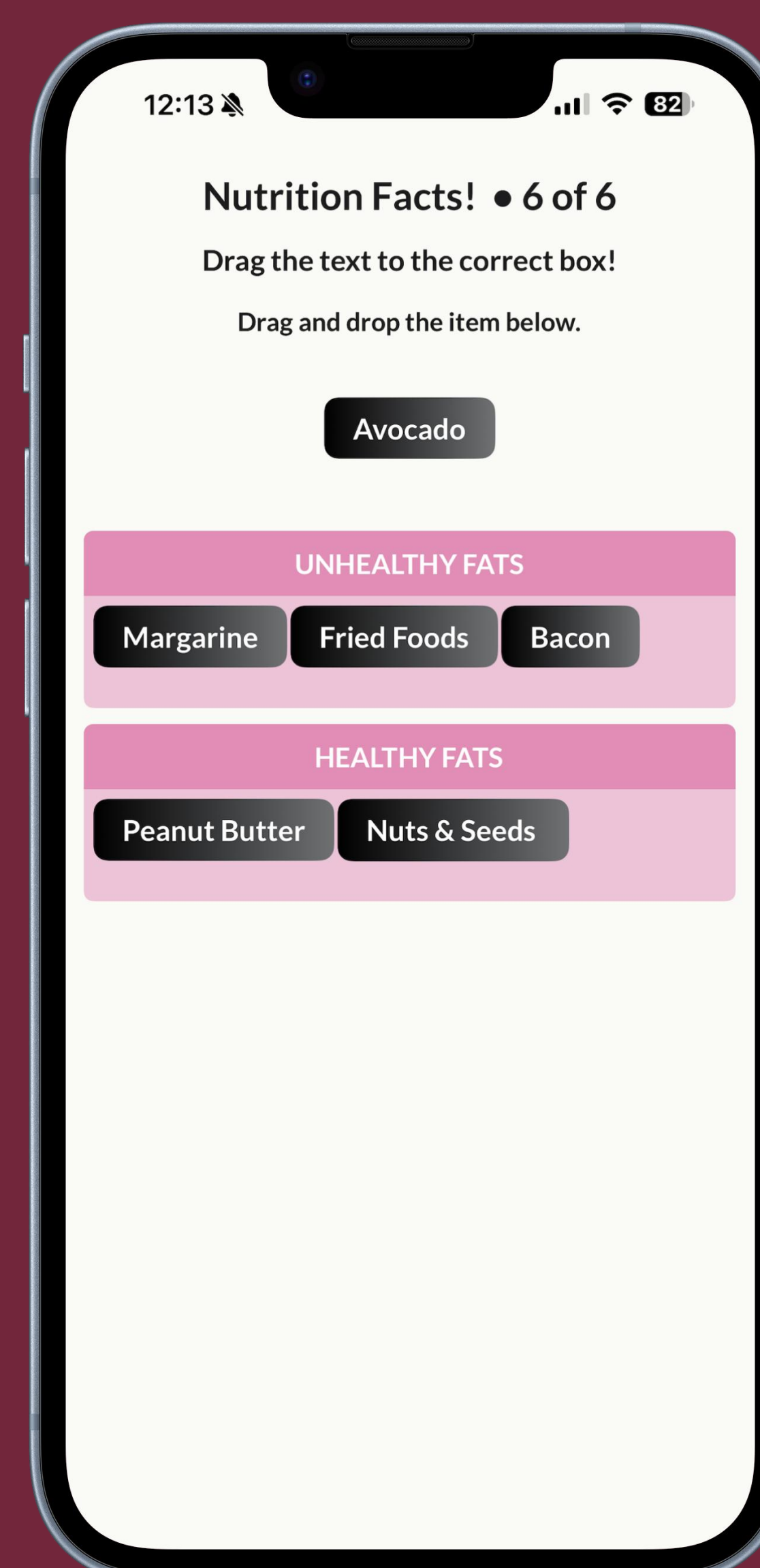
REMAIN App Home Screen



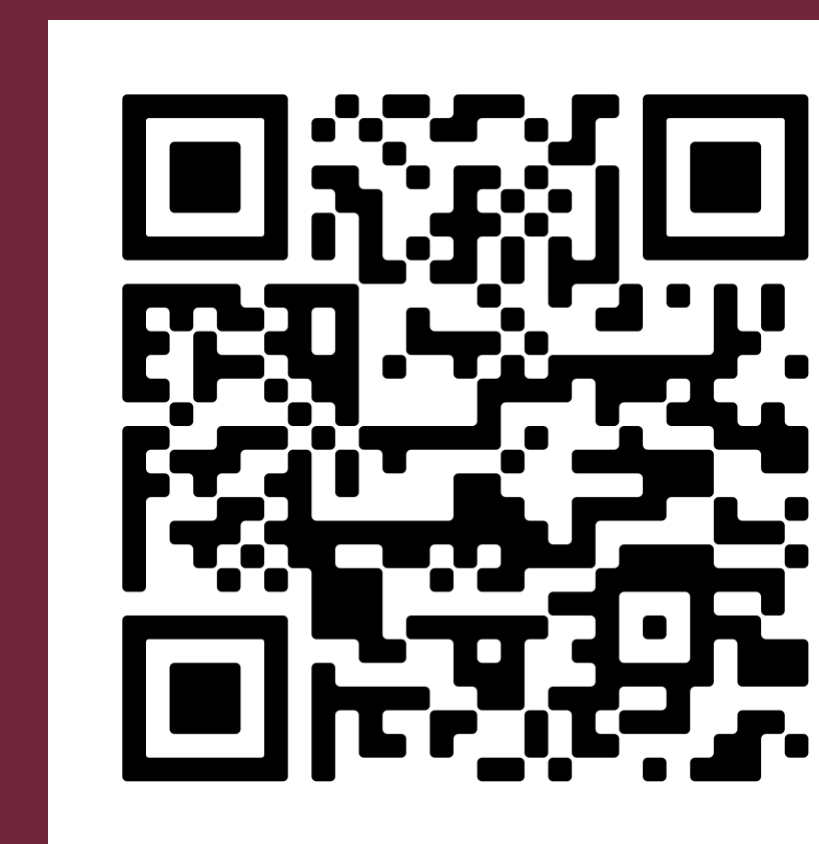
Sophia Riley's Article Inside the REMAIN App



Poll Inside the REMAIN App



Link to Matrix & IDHI Website



References



Results

Faculty & Staff Expertise Matrix

- The searchable, filterable expertise matrix grouped skills into categories by research topic, methodology, and skill.
- This improved visibility of institutional strengths and more efficient use of faculty and personnel for teaching, research, guest lectures, and program development.
- Limitations: Variability in language used in curriculum vitae.
- Future efforts: Continuous matrix refinement.

HealthMpowerment (HMP) Content Development

- Produced new interactive materials such as articles, polls, and engagement features aligned with program needs and expanded topics for broader audiences.
- Limitations: Balancing scientific accuracy with accessibility in mobile-friendly content.
- Future efforts: Ongoing evidence-based content development to reach expanding target audiences.

Strengths included a structured evaluation framework, iterative refinement, and immediate practical application. Together, these initiatives addressed program gaps and strengthened departmental capacity.

Discussion

- These findings align with digital health literature highlighting the importance of program evaluation, and accessible content design.
- Many digital health programs struggle to coordinate internal skills, limiting collaboration and efficiency. The expertise matrix addressed this by organizing faculty and staff skills.
- Research also shows that digital platforms work best with concise, engaging, and user-friendly content.³ HMP materials turned evidence-based information into brief, interactive, mobile-friendly formats, and expanded topics to reach wider audiences.
- Overall, the results show that structured program development strengthens departments and supports digital health initiatives.