



Introduction

The Riley Kidometer is an application for the Palm OS intended to help pediatricians take care of patients. The application tries to help pediatricians respond to the classic refrain "kids are not just small adults." As children age, nearly every variable pediatricians deal with is subject to change. Some of these are intuitive to the experienced clinician while others must always be looked up in age-based reference tables. Kidometer contains many of these variables and presents them in an intuitive and rapidly accessible manner.

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Installation

The Riley Kidometer program consists of two files which need to be installed by using the HotSync™ desktop application.

Kidometer.prc (this is the application)

KidometerDB.pdb (this is the database)

If you are having difficulties installing the files try going to PDAmD's excellent tutorial on the subject:

Mac users: [installing Palm software from a Mac](#)

Windows users: [installing Palm software from a PC](#)



Main page

The Kidometer screen is divided into three zones:

- **Menu** This area is where you can switch between metric and English units, see the references for the Kidometer data and move between the various chapters of Kidometer.
- **Data** This is where the age-based data are displayed.
- **Navigator** This is where you interact with the program by selecting the age and gender of the patient.

Menu

The Riley Kidometer has three menu items that can be accessed via the Palm Menu icon or by tapping the word "Kidometer" (only in Palm OS 3.5 or higher).



Edit

The edit menu gives you access to various functions. "Copy" and "Select All" work as they do in any Palm program.



Edit > Preferences Allows you to select between English and metric units for weight and length. It also allows you to select S.I. units by selecting the appropriate box. S.I. units are used in **Adol. Labs**, **Endo**, **Heme** and **Labs**.



Edit > Beam Allows you to beam The Riley Kidometer to anyone else with a Palm compatible computer (Palm, TRGpro, Handspring, IBM, Sony). The beam function will send both the application and the database. After the Kidometer application is beamed, wait for the receiving Palm user to accept the application, then press OK to send the database. After receiving a copy of The Riley Kidometer, your friend will have 30 days to try the program before registering through www.kidometer.com.

Note: If you are keeping Kidometer or its database on a storage card (MMC, CF or MemoryStick) you will not be able to beam Kidometer. Kidometer can only beamed to other users if the program is stored internally.



Shortcuts

While this menu does allow you to navigate from chapter to chapter, its primary purpose is to remind you of the Graffiti shortcuts. You do not need to use the command stroke ✓ prior to inserting the Graffiti stroke.

For example: To go to the lab chapter you can select it from the shortcuts menu, or write "✓L" or simply "L" in the Graffiti area.




Help

The Help menu option provides access to a brief help screen, our disclaimer and the registration screen.



Information Button

The  allows you to review the references and comments on the data which form the basis of Kidometer.

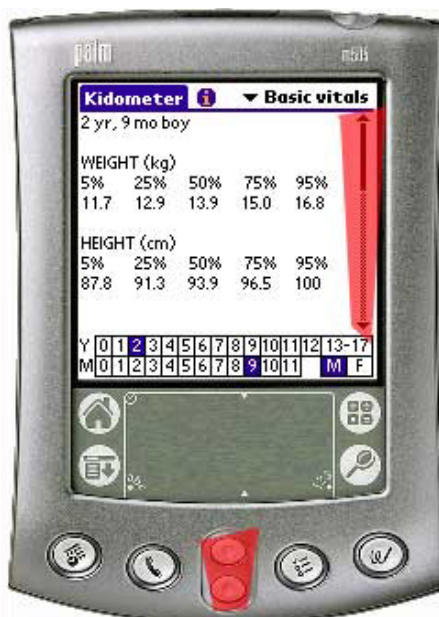
Tap the information button at any time to see references and comments relevant to the currently displayed data.



Drop Down Menu

This menu is an easy way to access the various data chapters of Kidometer. Remember, you can also draw the first letter of any chapter in the Graffiti area.





Data Window

The bulk of the screen is devoted to displaying the age-based data.

Most chapters have more than a single screen of data for every age group. You can scroll through the data by using three methods:

- Dragging the scroll bar on the right side of the data window
- Using Palm's built-in mechanical scroll buttons. When Kidometer is at the bottom of a chapter, hitting the down button will go to the next data chapter. Likewise, at the top of a chapter, scrolling up will go to the previous chapter.
- The Graffiti stroke "I" (a single downstroke) will scroll down one screen and the Graffiti stroke "U" will scroll up one screen.

Navigation

This is where you select the age and gender of your patient. Years are selected by tapping the top row and months by tapping the bottom row.

Older Children ➤ Children older than thirteen can be selected by tapping on the 13-17 button and then selecting their years from the resulting menu. A quicker way to access the data for older children is to add 10 years to any year by double tapping on that year.

For example: Double tap on 6 years will access the data of a 16 year-old. Double tapping on 2 years will access the data of a 12 year-old.

Month Selection ➤ In addition to selecting the age by tapping, you can go directly to a specific age by writing the number of months (0-99) in the Graffiti area for numbers.

Gender Selection ➤ In addition to tapping on the M or F you can select the gender by writing "M" or "F" in Graffiti.





Entering age by date of birth

In older children it can be inconvenient to enter the age by entering the years and months. Kidometer lets you enter the child's birthday instead of the age. To access this functionality, double tap the Graffiti area (enter a Graffiti ".")

The top of the birth date window allows you to enter the child's birthday by tapping in the dotted box (green rectangle in the picture).

After tapping the rectangle, a calendar dialog box appears which allows you to select the year and month of birth. Since Kidometer uses months as its unit of age, tapping on a specific day in the calendar is equivalent to selecting the displayed month.





Adjusting for prematurity

Some age-based variables need to be adjusted for prematurity. In order to do this Kidometer allows you to enter the gestational age at birth. This is subtracted from the age of the child (whether it is entered through the years and months or by the birth-date of the child).

For example: A 16 month child who was born at 32 weeks may be compared to a full term 14 month old child in terms of size and developmental maturity.

Adjusting age for prematurity is controversial. Not all variables should be adjusted and after a certain age children are thought to have "caught-up" to their chronologically-aged peers.

According to Nelsons Textbook of Pediatrics the age-limits for adjusting for prematurity are:

OFC: 18 months

Weight: 24 months

Developmental milestones: 24 months

Length: 40 months

Kidometer will subtract the months premature, regardless of the age of the selected. You are advised to use medical judgement when using this feature.

Kidometer currently does not contain normal values for premature infants.

Registering Kidometer

Kidometer is shareware. This means that to continue using it beyond the trial period, you must register your copy. Registering The Riley Kidometer has multiple benefits:

- When starting the program the opening splash screen will be bypassed allowing quicker access to the data.
- E-mail notification of updates to the program and database.
- Supporting shareware encourages developers to use this method of distribution which in addition to allowing "try-before-you-buy" is cheaper for users since the costs of packaging, shipping and retail mark-up are eliminated.

To register Kidometer go to Kidometer.com or Palmgear.com, which has a secure server to accept your credit card online.

When registering you will need your Palm User Name. This can be found by tapping on the register button on the splash page. The registration box, which opens, has your Palm User Name in the upper-left-hand corner.

Soon after your registration has been purchased, you will receive a registration code by e-mail. Enter this code into Kidometer by going to **Help** ➤ **Register**

If you have any trouble registering Kidometer Please send an e-mail to Registration@Kidometer.com

Mistakes

So you think you've found an error in Kidometer.

All of the data in Kidometer has been rigorously checked and cross-checked, but errors can slip through. Before reporting the error, go through the following checklist:

- Check the units of the measurement. Kidometer provides data in S.I. units and conventional clinical units. These "conventional units" are not standardized so your lab or reference text may use different units.
- Download a new version of Kidometer.
- If that does not correct the problem, please report the error to oops@kidometer.com. Be sure to include the version of Kidometer, and the version of the database (both can be found in "About Kidometer" under the Help menu), and the specific age, chapter and variable that is in error.

