

Outbound messages

- Can only be sent to a single endpoint
- Retries automatically
- Uses XML
- Doesn't lose messages
- More enterprise ready

Streaming API

- Limited number of subscribers per topic [1]
- Uses JSON
- Unless using durable topics [2] then you lose messages if subscriber is not listening.

So, if you have to have every update and you have to get it every time, I would go with outbound messages. If you have multiple subscribers and you are ok with missing some of the messages then go with the streaming API.

An example for each I would give would be

Outbound messages: Get every case when it is opened and index the data in an external database
Streaming API: Dynamically update a case page based on when the case updates