

'Keep on training with ReVi!' mHealth app for assisting and monitoring aerobic exercise in slowly progressive neuromuscular diseases: Usability and adherence

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The ReVi app

To assist and monitor home-based aerobic exercise in neuromuscular diseases, we developed the 'Keep on training with ReVi' mHealth app (ReVi).

ReVi provides patients with real-time feedback on exercise intensity, collects heart rate (HR) data and enables monitoring from distance.

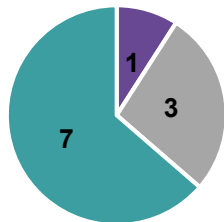


Results

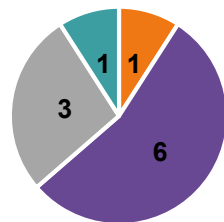
Usability questionnaire

Results from 3 out of 10 statements:

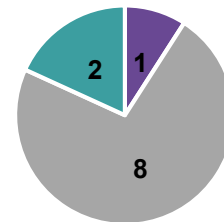
Strongly disagree Disagree Agree Strongly agree



The ReVi app motivated me to complete the exercise program



The ReVi app works without problems

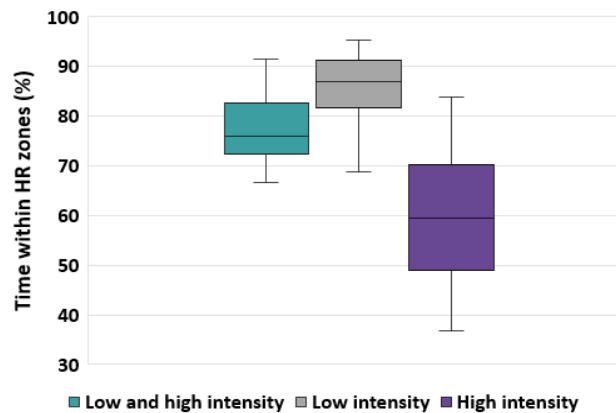


I am satisfied with the ReVi app

Adherence to exercise program

- Exercise sessions completed: median 96% (IQR, 38.5)

Time within HR zone



Methods

Population: Adult patients with a slowly progressive neuromuscular disease (N=11)

Setting: Outpatient rehabilitation clinic university hospital Amsterdam UMC

Study outcomes

- Usability questionnaire
- Adherence time within HR zones

Aerobic exercise program

- 4 months, 3 sessions a week
- Polarized exercise
- Tailored HR zones
- Supported by the ReVi app



Conclusion

- Patients are satisfied, but further development of the app is needed to resolve technical issues
- Good adherence to low intensity exercise, poor adherence to high intensity exercise

Contact

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