

Community-based rehabilitation and digital self-care to increase Patient Activation by 15%.

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Introduction

Effective, evidence-based exercise class, supported with self-care technology, education and training, in a peer-to-peer supported programme developed in Huntingdonshire to support cardiac rehabilitation (CR).

Exercise can improve or maintain health for all forms of long-term conditions (NHS website). For those diagnosed with CVD, once acute treatment has ceased, participants have limited support until they become acutely unwell or frail, at increased cost to health and social care, and are at increased risk of requiring earlier use of adult social care services.*

Method

Patients completing Phase 3 Cardiac Rehabilitation at Royal Papworth Hospital were referred to the Phase 4 CR Active+me programme.

Patients were supported by digital technology to monitor their physiological signs, mental health and medication adherence using the Activ8rlives⁴ Health+Wellness App and Bluetooth connecting devices (www.activ8rlives.com).

Results

23 patients were enrolled into the Active+me programme. 20 participants completed the course (10 male, 10 female, average age 69).

	Before	After	Change	% Change ((Final - Initial)/Initial))
PAM	63.0	72.5	9.52	15%
Mobility	4.5	4.7	0.21	5%
Self-care	4.8	5.0	0.21	4%
Activities	4.5	4.6	0.16	4%
Pain	4.4	4.6	0.21	5%
Anxiety	4.6	4.6	0.05	1%
Health Score	79.4	83.3	3.89	5%

9.5 point increase in PAM = predicts a 19% reduction in hospital admissions

Conclusion

- Patients had increased confidence to exercise at home and to self-manage their condition.
- A reduction in the use of NHS services.
- The Active+me Programme is now looking to try using the technology in Phase 3 classes and to expand to an RCT.

*(Sacha J, Sacha M, Soboń J, Borysiuk Z, Feusette P. Is It Time to Begin a Public Campaign Concerning Frailty and Pre-frailty? A Review Article. Frontiers in Physiology. 2017;8:484. doi:10.3389/fphys.2017.00484; McMillan Exercise Evidence Review: <https://www.macmillan.org.uk/documents/aboutus/commissioners/physicalactivityevidencereview.pdf>)