Introduction

In 2015, 68% of 404 enrolled patients completed CR at MCR. This purpose of this project was to improve the MCR CR completion rate by December 31, 2016 while increasing patient and staff satisfaction.

Methods

The MCR CR staff simplified the use of two different CR-specific electronic health apps between December 2015 and July 2016 in conjunction with the traditional CR programming to aid patients in participating in and completing the CR program. Staff members were required to log on to an online portal at least one time during the testing period. For the first phase of testing, 83% of app users completed CR. For the second phase of testing, 90% of app users completed CR. Completion rates for all MCR CR enrollees increased from 68% to 73% during the testing period. Staff satisfaction was unchanged as a result of using the apps. The MCR CR staff believe there is an association between the use of CR apps and the increase of completion rates during this testing period. Lessons learned through this study include the importance of patients having improved access to CR and better tools for tracking their progress in the program. The patients using the app communicated with staff more regularly than patients participating in traditional CR. It was important to learn that patients felt more motivated to participate in CR while using an app.

Results

The apps provided patients the ability to track activity levels and vital signs as well as provided educational content. For the first app, 50% of patients reported use during the app’s weekly, 17% monthly, and 6% reported use during the first set up. The second app had 60% of patients reporting use daily, 20% weekly, 15% monthly, and 10% dropped out of CR after one week of daily usage. One CR staff member logged on to the app portal at least one time during the testing period. For the first app, patients reported symptoms or left messages. The second app required staff to log on to an online portal to view the patient’s messages, symptoms and activities. Patient and staff feedback were gathered via paper surveys regarding usability and functionality of the CR-specific apps and satisfaction. There was no difference in exercise motivation with use of the apps. Patient and staff satisfaction regarding the use of a CR app was measured.

Conclusion

Given the impact CR activity app had on completion rates, we believe there is a great value and plan to implement. These results are consistent with previous research and are slated to be used again in the future pending funding approval.

Future Plans

The MCR CR staff integrated the use of two different CR-specific electronic health apps between December 2015 and July 2016 in conjunction with the traditional CR programming to aid patients in participating in and completing the CR program. Six patients (76.9±15.6, range: 60-91 yrs; 6M:4F) participated in the first testing period of 30 days that included an app accessible via desktop computer. Ten patients (75.6±15.4, range: 60-97 yrs; 6M:4F) participated in the second 30 day testing period that included an app accessible via mobile and desktop computer. As a requirement for the second study, the patients were participating must have access to a smartphone. Four CR staff, including one Registered Nurse and three Clinical Exercise Physiologists, were trained on-site by a representative from each of the industry apps any time of the day at any location, as desired. Patients could access the apps any time of the day at any location, as desired. Patients could access the

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For the first phase of testing, 60% of app users completed CR. For the second phase of testing, 66% of app users completed CR. Completion rates for all MCR CR enrollees increased from 68% to 73% during the testing period. Staff satisfaction was unchanged as a result of using the apps. The MCR CR staff believe there is an association between the use of CR apps and the increase of completion rates during this testing period. Lessons learned through this study include the importance of patients having improved access to CR and better tools for tracking their progress in the program. The patients using the app communicated with staff more regularly than patients participating in traditional CR. It was important to learn that patients felt more motivated to participate in CR while using an app.

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