

Der Einsatz von Smartwatches bei Patienten mit Kopf-Hals Krebs zur Erhöhung der körperliche Aktivität - eine Machbarkeitsstudie (PUSH-Studie)

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Abstract Text

Englischer Text: Introduction Despite the various benefits of structured exercise interventions for patients with head and neck cancer (pHNC), only a small proportion of pHNC are physically active according to the guidelines for cancer patients. Real-world experience shows that in general pHNC are difficult to motivate for sports and exercise interventions. Consequently, the question arises how we can motivate and support pHNC to become more engaged in regular physical activity. Smartwatches have the potential to support individuals in everyday living by: enabling self-monitoring of physical activity and obtaining feedback based on activity measures. The PUSH study evaluates the use and acceptance of smartwatches in pHNC.

Methods Smartwatches (Apple, series 8 / 9) are used to record e.g. step counts and vital data (e.g. heart rate). Parameters are visualized via several display functions. The study investigates the adherence to the wearing protocol (24 hours, on seven days) as well as the use of the display functions. A sample size of N = 35 is planned. After participants have finished with wearing the smartwatch, they will be asked about their experiences. In addition, clinical data and patient reported outcomes (PRO), including demographic data, information on QoL and physical activity are collected. The recruitment rate is recorded.

Results The study started in May 2023. The ethics vote has been obtained and registration with the German Clinical Trials Register has been completed (DRKS00032658). All questionnaires have been implemented in the digital PRO portal. The start of recruitment was delayed due to procedural and bureaucratic delays in hardware procurement (iPhones, smartwatches) as well as several technical problems, e.g. low battery capacity of the devices and vital data recording difficulties. The planned start of recruitment is May 2024 and recruitment should be completed by September 2024.

Discussion We present the initial results and our experiences in realizing this study. The latter show that there is a strong need for more infrastructure with regard to IT support in the field of health tech medicine in order to realize such projects. Possible strategies for improving the IT infrastructure as well as the results of the study will be discussed.

Verbundprojekt

Projekt im Rahmen eines Verbundprojektes (SFB/KFO/EU, o.ä.): Nein

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