



AB164. 177. Information technology familiarity in patients with peripheral vascular disease

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Background: Encouraging results can be achieved by supervised exercise programmes (SEP) in patients with peripheral arterial disease (PAD). Unfortunately, patient compliance is often poor. Studies have utilized smartphones to assess patient compliance with home-based exercise programmes. Therefore, the aim of this study was to assess information technology familiarity in a cohort of patients with peripheral vascular disease.

Methods: Patients with PAD attending the vascular clinic were invited to complete a validated questionnaire assessing familiarity with technology as well as basic knowledge of PAD. A total of 50 patients were recruited over a 4-week period in October 2018. Institutional ethical approval was obtained to distribute the questionnaire.

Results: A total of 50 patients completed the questionnaire. The average age was 66 years. There was a male preponderance (f =18, m =32). There was no significant gender difference in those owning a smartphone (60%) (P=0.63). 52% used the internet with a significant female preponderance (P=0.03). Thirty-six percent stated they would use an exercise app with an equal distribution among males and females. Only three patients (6%) owned a smartwatch. Twenty-nine (58%) patients did not use a computer and 7 (14%) used one for an hour or less per week.

Conclusions: Sixty percent of our patient cohort had smartphones and 52% were familiar with internet usage, whereas only 36% expressed an interest in using an app-based exercise programme. Future improvements in the global management of PAD patients should incorporate home-based training with the use of existing technologies and health coaching. Our data shows that these home-based supports should include some training on technology use.

Keywords: Vascular surgery; peripheral arterial disease (PAD); intermittent claudication; exercise programs

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