



EuGMS

European Geriatric Medicine Society
Fostering geriatric medicine across Europe

Name: Dr Margriet Pol

Perspectives of rehabilitation professionals on
implementing a validated home telerehabilitation
intervention for older adults in geriatric
rehabilitation:
a multi-site qualitative study

Helsinki
19th EUGMS
SEPT 20-22 2023





Department of Medicine for older people

Research group Technology and Participation

Dr Amine Choukou

Dr Margriet Pol

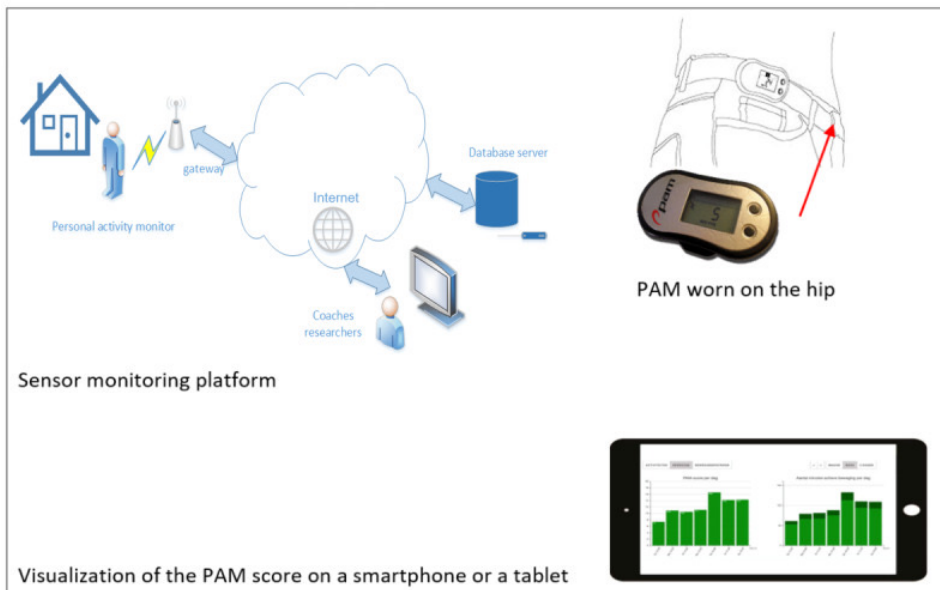
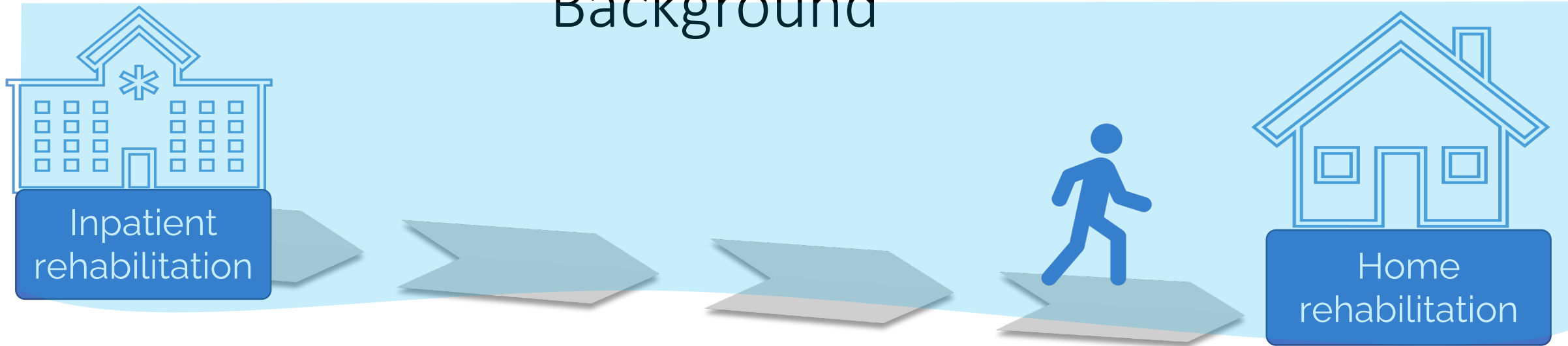


Perspectives of rehabilitation professionals on implementing a validated home telerehabilitation intervention for older adults in geriatric rehabilitation: a multi-site qualitative study

CONFLICT OF INTEREST DISCLOSURE

I have no potential conflict of
interest to report

Background



(Online)Coaching:

- Provide information about physical activity and daily exercise
- Ascertain the amount of movement during the day
- Define realistic rehabilitation goals
- Make an activity plan
- Evaluate progress





Volume 48, Issue 5
September 2019

Effectiveness of sensor monitoring in a rehabilitation programme for older patients after hip fracture: a three-arm stepped wedge randomised trial

Margriet C Pol, Gerben ter Riet, Margo van Hartingsveldt, Ben Kröse, Bianca M Buurman

Age and Ageing, Volume 48, Issue 5, September 2019, Pages 650–657,
<https://doi.org/10.1093/ageing/afz074>



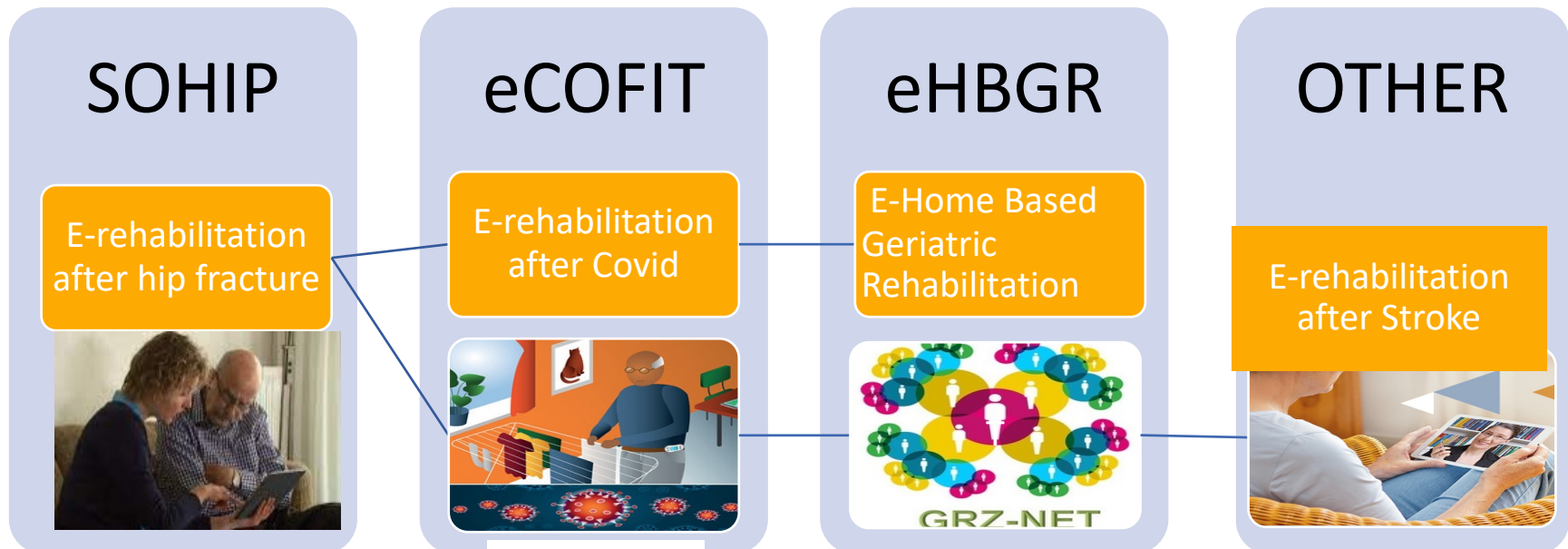
Volume 48, Issue 3
May 2019

Everyday life after a hip fracture: what community-living older adults perceive as most beneficial for their recovery

Margriet Pol, Sebastiaan Peek, Fenna van Nes, Margo van Hartingsveldt, Bianca Buurman, Ben Kröse

Age and Ageing, Volume 48, Issue 3, May 2019, Pages 440–447,
<https://doi.org/10.1093/ageing/afz012>

Published: 26 February 2019 Article history



Objective

To gain an understanding of the factors that influence the implementation of a telerehabilitation intervention for older adults

Methods

Qualitative research approach

Focus groups:

- Netherlands, Amsterdam
- In person (winter 2017)
- Participants: Occupational therapists who delivered the telerehabilitation
- Canada (Manitoba, Winnipeg)
- On the web (via Zoom) (owing to COVID-19) (winter 2022)
- Participants: Occupational therapists, physical therapists

Results

Characteristics of the telerehabilitation making the intervention successful at home:

- Focus on future participation goals
- Technology provides professionals with objective and additional insights in functioning at home
- More involvement, motivation and taking control of the older adult

Results

Barriers to implementation telerehabilitation

- Client related: cognitive limitations and level of adherence and acceptance
- Therapist related: competence in using the technology in coaching the older adult
- Technology related; understanding the scores and visualisations

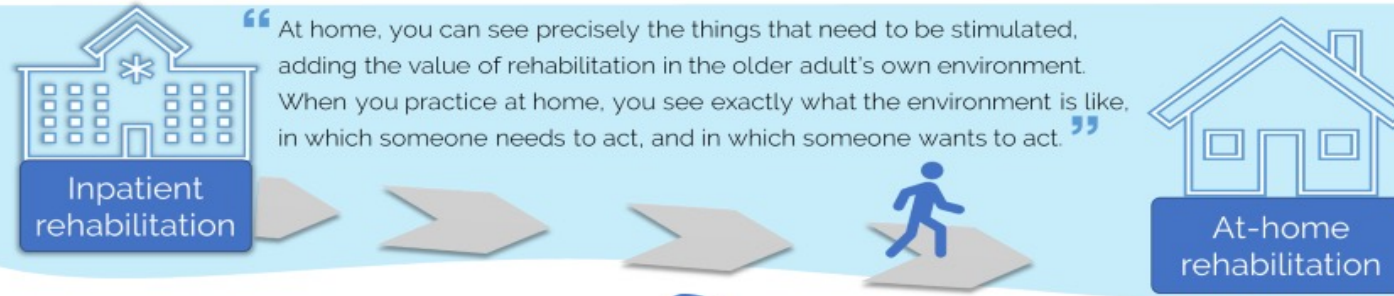
Results

Facilitators of implementing telerehabilitation:

➤ Client related:

- people who were already interested and motivated and had a good cognition
- Involvement of family or informal caregivers

Factors influencing the implementation of an evidence-based home telerehabilitation intervention for older adults



“ At home, you can see precisely the things that need to be stimulated, adding the value of rehabilitation in the older adult's own environment. When you practice at home, you see exactly what the environment is like, in which someone needs to act, and in which someone wants to act. ”

Inpatient rehabilitation

At-home rehabilitation

Professionals' perception of the SMI

Barriers

Facilitators

- Technology and intervention related**
 - Proper training to use the device and SMI-intervention is needed
 - Sanitization of sensor device
- Client related**
 - Level of acceptance
 - Level of adherence
 - Cognitive limitations
 - Ensuring that the sensor is placed properly
- Therapist related**
 - Busy schedule encourages clients to stay active
 - Lack of competence in using sensor data
 - Lack of competence in using sensor data in coaching someone with cognitive limitations
 - Difficulty to connect with clients after discharge

- Technology and intervention related**
 - More insight into the activities of the clients
 - To set up clear participation goals
 - Remote monitoring especially after COVID-19 pandemic
 - Personal training and rehabilitation
 - As a motivation strategy
 - As goal setting
- Client related**
 - Independent profile
 - More ownership and motivation of client to stay active
 - Outpatient programs and priority homes are a good fit
- Therapist related**
 - Able to monitor clients from a distance
 - PAM score gives insight
- Caregiver related**
 - Involvement of caregivers

Conclusion and implications for practice

Rehabilitation professionals believed that telerehabilitation could be suitable for monitoring and supporting older adults' rehabilitation at home.

To guide the implementation of telerehabilitation:

- ensuring that technology is feasible for a population with limited digital health literacy or cognitive impairments,
- developing instruction tools and guidelines,
- training and coaching of rehabilitation professionals.

Contact

m.c.pol@hva.nl

Amine.Choukou@umanitoba.ca

Pol M, Qadeer A, van Hartingsveldt M, Choukou MA. Perspectives of Rehabilitation Professionals on Implementing a Validated Home Telerehabilitation Intervention for Older Adults in Geriatric Rehabilitation: Multisite Focus Group Study. JMIR Rehabil Assist Technol. 2023 Jul 18;10:e44498. doi: 10.2196/44498. PMID: 37463040; PMCID: PMC10394599.