

JONES, J., ALEXANDER, L., HANCOCK, L. and COOPER, K. 2022. *Feasibility and acceptability of PDConnect: a collaborative approach to physical activity for people with Parkinson's*. Presented at the 2022 International congress of Parkinson's disease and movement disorders (MDS 2022), 15-18 September 2022, Madrid, Spain.

Feasibility and acceptability of PDConnect: a collaborative approach to physical activity for people with Parkinson's.

JONES, J., ALEXANDER, L., HANCOCK, L. and COOPER, K.

2022

Background:

- The benefits of physical activity for people with Parkinson's (PwP) are widely acknowledged, however a significant proportion remain inactive
- How to best support physical activity and long-term participation remains unknown

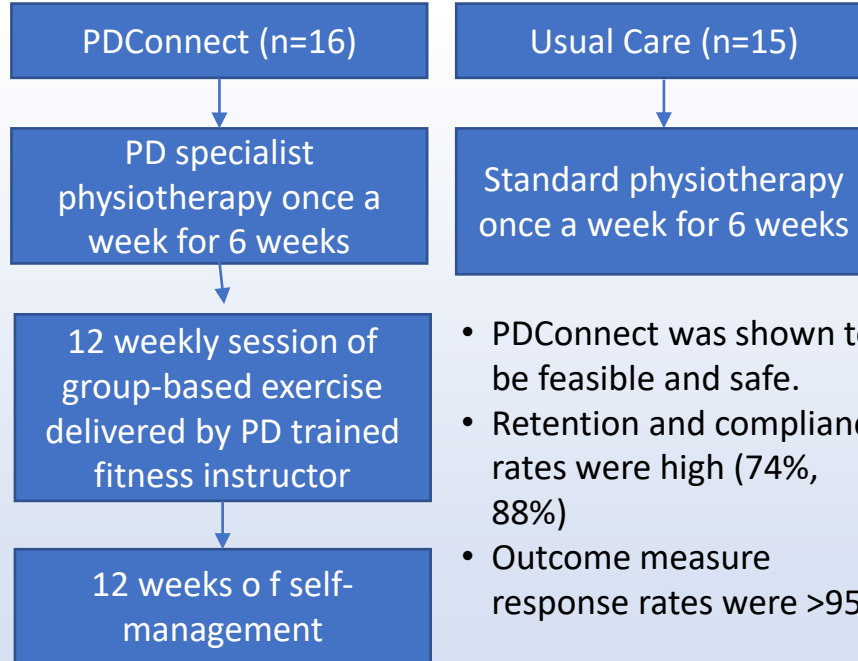
Objective:

To evaluate the feasibility and acceptability of a novel collaborative telehealth based physical activity intervention for PwP

PDConnect aims to promote exercise self-management by combining progressive exercise prescription with education and behaviour change strategies.

Methods:

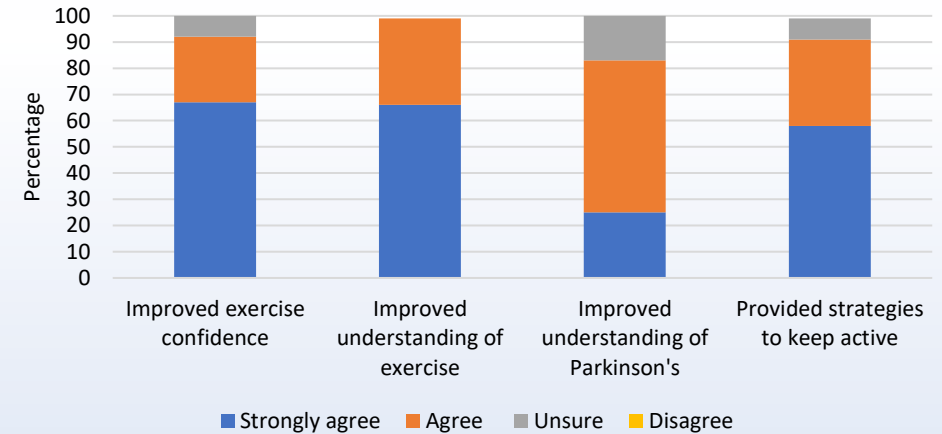
- A convergent fixed parallel mixed methods study



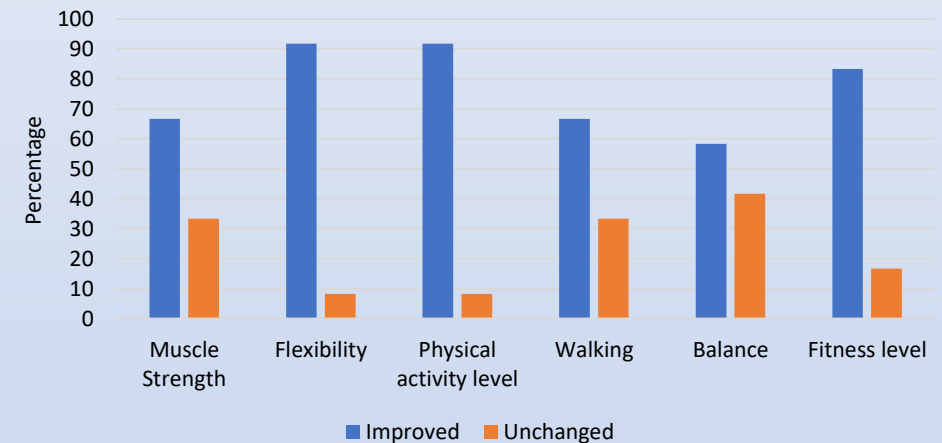
- PDConnect was shown to be feasible and safe.
- Retention and compliance rates were high (74%, 88%)
- Outcome measure response rates were >95%

- 50% receiving PDConnect reported that they were much improved compared to 10% in the usual care group

Participants perceptions of the effect of participating in PDConnect



The perceived physical effect of participating in PDConnect



Funded by:



Conclusion: PDConnect is feasible to deliver and rated as highly acceptable among PwP. A large-scale trial is being designed to fully evaluate the effectiveness of PDConnect