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.

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Feasibility and acceptability of PDConnect: a collaborative approach to physical activity for people with Parkinson’s
Jones, J., Alexander, A., Hancock, E., and Cooper, K.
Robert Gordon University, Aberdeen

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 (n=16) | Usual Care (n=15)
---|---
PD specialist physiotherapy once a week for 6 weeks | Standard physiotherapy once a week for 6 weeks
12 weekly session of group-based exercise delivered by PD trained fitness instructor | 12 weeks of self-management

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

Participants perceptions of the effect of participating in PDConnect

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Improved exercise confidence</th>
<th>Improved understanding of exercise</th>
<th>Improved understanding of Parkinson’s</th>
<th>Provided strategies to keep active</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td>Agree</td>
<td>Unsure</td>
<td>Disagree</td>
<td></td>
</tr>
</tbody>
</table>

The perceived physical effect of participating in PDConnect

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Muscle Strength</th>
<th>Flexibility</th>
<th>Physical activity level</th>
<th>Walking</th>
<th>Balance</th>
<th>Fitness level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improved</td>
<td>Unchanged</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

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

Julie Jones | c.jones@rgu.ac.uk | @julie_physio