Scientific/Clinical Workshop

Workshop Title
Keep on training with ReVi! mHealth application to support individualized home-based aerobic training.

Workshop Responsible
Eric Voorn (Amsterdam UMC)

Speakers
Eric Voorn (Amsterdam UMC, department of Rehabilitation Medicine)

Tim Veneman (Amsterdam UMC, department of Rehabilitation Medicine)

Sander Oorscho (Amsterdam UMC, department of Rehabilitation Medicine)

Attendee Engagement
In this workshop we will learn participants how to make use of 'Keep on training with ReVi' (ReVi), an application that gives patients in neuromuscular rehabilitation support during their individualized home-based aerobic training program. Additionally we well discuss the use of mHealth applications in rehabilitation medicine, guided by the preliminary results regarding patient and therapist experience with the use of ReVi.

Abstract
To prevent or reverse deconditioning and stimulate an active lifestyle, aerobic exercise is often part of rehabilitation treatment in patients with chronic diseases, such as neuromuscular diseases. Performing the training program in the home environment reduces the amount of travelling (and therewith the burden on patients), as well as healthcare related costs. However, due to a lack of guidance and motivation, patients experience difficulties in completing their home-based training program. Also, there is a high risk that training is inadequately performed leading to under- or overtraining.

Therefore we developed ReVi, for which we received the 'Ipsen award for Innovative Patientcare in Rehabilitation 2016'. ReVi supports patients during their home-based training sessions according to B-FIT, an individualized aerobic training program specifically developed for patients with slowly progressive neuromuscular diseases.[1] ReVi gives real-time feedback on the (dis)agreement between the actual and the designated training intensity, in terms of heart rate or the Borg Scale. Verbal encouragements stimulate patients to complete their training sessions, and an online dashboard allows practitioners to monitor training progress from a distance and at any time.

The usability of ReVi is currently evaluated in a cohort of individuals with varying NMD.

[1] www.amc.nl/trainingguide

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