

## Abstract for Supporting Health by Technology 2022

**Title:** Adoption of eHealth for outpatient geriatric rehabilitation

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**Topic:** Development and evaluation approaches for Health Technology

**ABSTRACT (300 words)**

**Background**

Geriatric rehabilitation (GR) aims at recovery of functioning and participation of frail elderly. About 95% of GR concerns inpatient treatment. The use of eHealth may provide solutions for better recovery at home. In another inpatient rehabilitation setting eHealth has been successfully implemented for stroke patients by means of a platform (ikoefenzelf.nl) containing applications for physical exercise and mental well-being.

As part of the Medical Delta Living Lab Geriatric Rehabilitation@Home, a qualitative study was conducted in the context of GR. The aims were 1) to gain insights into the attitude in using eHealth in general from different stakeholders; 2) with a specific interest for the aforementioned ikoefenzelf.nl platform.

**Methods**

Two focus groups (FG) were carried out, one with managerial stakeholders (n=6) and one with healthcare professionals from different disciplines (n=9). In addition, interviews (n=5) were held with patients rehabilitating at home. Focus groups and interviews were recorded, transcribed and coded. The SPO model (Structure, Process, Outcome) was used to guide the analysis of the first FG, the MIDI instrument for the analysis of the second FG. Thematic analysis was used for the analysis of the interviews.

## **Findings**

Management mentioned the following organizational aspects as important: new eHealth applications should be aligned with the vision of the healthcare organization and part of the organization's digital infrastructure. The healthcare professionals mentioned motivating and monitoring the patients, and supporting interprofessional collaboration as eHealth added values. Patients preferred a combination of physical contact with the healthcare professionals and the use of eHealth. The three groups of stakeholders saw the potential in using the platform [ikoefenzelf.nl](https://www.ikoefenzelf.nl) in the GR process.

## **Conclusions**

eHealth to support outpatient geriatric rehabilitation is promising for blended care interventions. Further work will be carried out to establish the requirements to embed the applications from the [ikoefenzelf.nl](https://www.ikoefenzelf.nl) platform into the home-based setting.