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Title

Implementing an Activity Tracker to Increase Motivation for Physical Activity in Patients With Diabetes in Primary Care

Priority 1 (Research Category)

Diabetes and endocrine disease

Presenters

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Abstract

Background: Many projects related to technology implementation in the context of chronic diseases have been developed over

the years to better manage lifestyle medicine interventions and improve patient care. However, technology implementation in

primary care settings remains challenging.

Objective: The aim is to carry out a strengths, weaknesses, opportunities, and threats (SWOT) analysis (1) to assess satisfaction

among patients with type 2 diabetes using an activity tracker to increase motivation for physical activity (PA) and (2) to explore

the research and health care team's perceptions of this technology's implementation in a primary care setting.

Methods: A 3-month hybrid type 1 study, which included 2 stages, was conducted in an academic primary health center in

Quebec City, Quebec, Canada. In stage 1, a total of 30 patients with type 2 diabetes were randomized to the intervention (activity

tracker) group or the control group. In stage 2, a SWOT analysis was performed on both patients and health care professionals

to determine the components of successful technology implementation. Two questionnaires were used to gather feedback: a

satisfaction and acceptability questionnaire concerning an activity tracker (15 patients in the intervention group) and a questionnaire

based on the SWOT elements (15 patients in the intervention group and 7 health care professionals). Both questionnaires contained

quantitative and qualitative questions.

Results: In total, 86% (12/14) of the participants were satisfied with their activity tracker use and 75% (9/12) felt that it incited

them to stick to their PA program. The main strengths of the team members' perspectives were the project initiation and involvement

of a patient partner, the study design, the team, and the device. The weaknesses were the budgetary constraints, the turnover, and

the technical issues. The opportunities were the primary care setting, the loan of equipment, and common technology. The threats

were recruitment issues, administrative challenges, technological difficulties, and a single research site.

Conclusion: Patients with type 2 diabetes were satisfied with their activity tracker used to improve motivation for PA. Health

care team members agreed that implementation can be done in primary care, but some challenges remain in using this technological

tool in clinical practice regularly.