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| **Understanding the perceived value of wearables in cystic fibrosis care** |
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| **Introduction/Aim:** Digital health technologies are emerging tools in supporting home monitoring, adherence, and self-management in CF, particularly for those in remote and/or rural communities. Wearables are ubiquitous in society, with one in three Australians now owning a smartwatch. Unlocking the ability to continually monitor health status, using data available to both the user and their clinician, has the potential to improve patient autonomy and detect pulmonary exacerbations earlier in CF care. Despite this promise, a recent systematic review published by our team discovered that the current role of wearables in chronic disease is poorly defined, particularly from the patient and clinician’s perspective. The aim of this study is to explore the perceived value of wearables in CF via obtaining perspectives from both people living with the condition and their healthcare providers**.****Methods:** A cross-sectional qualitative study was conducted to explore whether people with CF and their healthcare providers value wearable technology. Underpinned by a phenomenological orientation, nine participants with CF study underwent semi-structured interviews, alongside two focus groups conducted with eight members of a CF multidisciplinary team. A thematic analysis was conducted using the Framework method.**Results:** Thematic analysis of the value construct of wearables in CF demonstrated four key themes held valuable to people with CF and their health care providers. Both groups felt that wearables hold promise in providing motivation towards healthy lifestyle practices. However, they may risk generating health anxiety through setting unrealistic targets. A common value was that of personalising wearable design and goal-setting to the individual, rather than focusing on CF as a disease construct due to the risk of perpetuating the “label” of CF.**Conclusion:** People with CF and their health-carers see value in the use of wearables to promote health, however, the risk of generating anxiety requires careful management to prevent harm.**Grant Support:** Graeme Mattison is supported by the Digital Health Cooperative Research Centre, which is funded by the Commonwealth Government through the Cooperative Research Centres Program. The funding source provides salary support only and had no input in the planning, writing or publication of this research. |