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| Engagement and adherence to the mobile pulmonary rehabilitation (m-PR) app. |
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| **Introduction/Aim:** To investigate engagement and adherence to the symptom monitoring component of a mobile pulmonary rehabilitation (m-PR) app in people with chronic obstructive pulmonary disease (COPD).**Methods:** Participants with COPD, randomised to the intervention arm of a randomised controlled trial, were asked to complete a daily symptom questionnaire, two weekly questionnaires evaluating health status (COPD Assessment Test [CAT]) and breathlessness (modified Medical Research Council [mMRC]) and view their COPD action plan on the m-PR app whilst completing an 8-week home-based pulmonary rehabilitation program. Interaction or ‘Click’ data on the m-PR app was tracked. Outcome measures were: (i) engagement, measured by the number of times a questionnaire or action plan was opened; and (ii) adherence, defined by submission of responses to at least 70% of the questionnaires each week. Participants also completed a technology skills survey.**Results:** 21 participants completed the study (mean age [± SD]: 74 ±7 years, 33% female, FEV1%[± SD]: 56 ± 15% predicted, 86% with at least adequate self-rated technology skills). All participants engaged with the questionnaires at least once. Engagement with the daily symptom questionnaires remained high across the 8-week period, but engagement gradually trended downwards for the weekly CAT and mMRC. On average, 46% of the daily symptom questionnaires, 71% of the CAT and 62% of the mMRC were completed. 23% of participants were adherent to the daily symptom questionnaires, 63% to the CAT and 55% to the mMRC. 29% of participants were prescribed a COPD action plan and, of these, 83% engaged with it at least once.**Conclusion:** Overall engagement with the daily and weekly symptom questionnaires was high. Low adherence to the daily questionnaires suggests this may be too high frequency for an 8-week program. People with COPD were engaged with their prescribed COPD action plan. **Grant Support:** NSW Health Translation Research Seed Grant**Key Words:** Pulmonary rehabilitation, mHealth, remote monitoring |