

Evaluation of physical exercise adherence in a Home-Based Care Model for Outpatient Cardiac Rehabilitation based on Mobile Technologies.

ACTRN12609000251224

Status	RECRUITING
Sponsor	CSIRO, The Australian e-Health Research Centre
Enrollment	240 participants

Plain Language Summary

This study is testing whether a home-based cardiac rehabilitation program delivered through a mobile phone is just as effective — or better — than traditional hospital-based rehabilitation. After a heart attack, patients typically attend in-person exercise and education sessions. This trial gives participants a mobile device to follow a monitored exercise program from home. Researchers want to show that technology can make cardiac rehab easier to access and just as good at improving health outcomes.

You may be eligible if:

- You have had a heart attack (STEMI or non-STEMI)
- You have been medically cleared to take part in cardiac rehabilitation
- You have prior experience using a mobile phone
- You are able to operate a mobile phone without significant difficulty

You may NOT be eligible if:

- Your medical needs are too complex for a self-managed program
- You have no prior experience with mobile phone use
- You have vision, hearing, cognitive, or dexterity problems that prevent phone use
- You are currently enrolled in or have consented to another clinical trial involving medical interventions

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- Acute myocardial infarction (STEMI or non-STEMI) and medically cleared to participate in Cardiac Rehabilitation

Exclusion (4)

-) High medical care needs (i.e. unable to participate in self management program)
-) No experience with mobile phone usage.
-) Inability to operate mobile phone (e.g. vision or hearing impairment, cognitive impairment, poor dexterity).
-) Current involvement in, or consent to participate in, any other medical trial involving clinical interventions. This will include involvement in the monitoring phase of any clinical trial

Locations (1 total)

Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12609000251224>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at anzctr.org.au. Generated by ClinicalTrialsFinder.org.