

# Increasing Physical Activity Among Medical Inpatients by Digital Nudging of Patients and Staff

NCT06983977

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Bispebjerg Hospital
<b>Enrollment</b>	400 participants

## Key Eligibility Criteria

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### Inclusion (3)

- Admitted to one of the participating wards
- Has understood and signed informed consent
- Reads and understands Danish, Faroese, Greenlandic or English

### Exclusion (9)

- Has an expected hospitalisation less than 24 hours after potential recruitment
- Is not able to give informed consent to participate in the study
- Has allergy towards band aid
- Not able to (shortly) stand in an upright position even with maximal assistance
- There are contraindications for the patient to mobilise or be physically active due to unstabilized acute medical conditions, including, but not limited to, acute aortic dissection, -myocardial infarction, -pulmonary embolism, -sepsis.

... and 4 more (see full listing online)

## Locations (4 total)

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Bispebjerg Hospital, Copenhagen, Capital Region, Denmark  
Aalborg University Hospital, Hobro, North Denmark, Denmark  
National Hospital, Tórshavn, Faroe Islands  
... and 1 more locations