

## **iPrescribe Exercise: app for monitoring physical activity programmes for people with long term conditions remotely**

### **Quick intro to yourself and any contact details you're happy to share ...**

I'm Carron Manning, a Chartered Physiotherapist and also a co-founder of iPrescribe Exercise. I can be contacted via email at [info@iprescribex.com](mailto:info@iprescribex.com)

### **What physio services do you provide? (e.g. specialty, conditions, location, patient demographics)**

iPrescribe Exercise is an evidence-based programme which uses an automated algorithm to analyse user health, resting heart rate and current fitness level, and it prescribes a graduated and personalised physical activity programmes which are appropriate for 20 long term medical conditions (e.g. diabetes, heart disease, cancer, hypertension, Parkinson's, MS, osteoarthritis, chronic pain etc).

### **What tools are you using to deliver your physio services digitally?**

The app is available for anyone to download, for free, from the App Store for iPhone or Google Play for android. <http://appurl.co/iprescribexercise>. This link should take the user to the App Store/Google Play/Website depending on the device they have clicked from.

### **How have these services replaced face to face contact?**

iPrescribe Exercise can be used to remotely monitor patients. We are providing our platform for free to any clinician/rehab programmes (such as cardiac rehab/diabetes management/cancer rehab etc) during the Coronavirus outbreak. Please contact me and I will provide a bespoke code and a log-in to view your data. Patients have to input this code at the start of the app and this will enable to view their data in real-time.

For example, we are currently setting up our platform for the Prehab4Cancer team in Greater Manchester who have had to shut down their face to face sessions. <https://gmcancer.org.uk/our-areas-of-work/prehab4cancer-2/>

### **What is the clinician's experience of using the digital tools?**

The app was rebuilt in March 2020 with a number of new features based on feedback from clinicians and patients. Our app is published on the NHS Apps library.

### **Do you have any patient feedback on digital physio service offer?**

People generally find the programme achievable, they like that it is personalised to them, and there have been many comments about being able to select multiple chronic diseases. Patients also like that they can send a progress report at any time, directly from the app, to their health professional.