Oral Communication

OC-312

Digitalized Treatment Diary for Managing Spasticity

Topic: Assistive Products

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BACKGROUND

Effective management of spasticity requires continuous monitoring and personalized treatment plans according to the goals of the treatment, which can be challenging without a structured approach. A treatment diary has the potential to increase the patient's awareness of problems triggered by spasticity, help the patient evaluate the treatment, and may result in more appropriate treatment goals, increased patient empowerment, and improved quality of life (QoL). The diary can potentially facilitate better communication between patients and healthcare providers, ensuring that all relevant information is readily available during consultations. Additionally, it may result in closer collaboration between therapists and physicians, ensuring that everyone is working towards common goals.

Version 1.0 of the Spasticity Diary App and the platform www.spasticitydiary.com have been developed based on the paper version of the Copenhagen Rigshospitalet Spasticity Diary. It is already in use, and the app can be downloaded from the App Store under the name 'Spasticity Diary.' The app serves as the patient's platform, while www.spasticitydiary.com is the working platform for physicians.

Through a multicenter and multinational usability study, we aim to assess the digitalized Spasticity Diary to inform its further development for use in the treatment of patients with spasticity.

METHODS

Surveys (in Danish, Norwegian, and English) will be sent to 30 patients and caregivers, as well as 15 physicians from different countries around Europe who are using the Spasticity Diary app and platform. Additionally, 10 patients/caregivers and five physicians from Denmark and Norway will be interviewed using semi-structured interviews. These surveys and interviews will focus on questions related to the support of the treatment process for patients and how it can be improved, the usability issues encountered while using the app, and how these issues impact the experience and create limitations. Questions will also address how the app and website impact collaboration across healthcare sectors, between healthcare professionals, and between patients and healthcare professionals.

RESULTS

The usability study will begin including patients on February 15th, and the results, along with the plan for further development of version 2.0, will be presented at the ISPRM Congress 2025.

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CONCLUSION

The Spasticity Diary app and platform hold significant potential for advancing patient-centered treatment, encouraging collaboration to achieve patient-centered goals. Version 2.0 will be extended with informative components such as information on guided self-rehabilitation and training videos. The usability study will contribute to the improvement of the app and SpasticityDiary.com.

Statement of Disclosures

The development of Version 1.0 of the Spasticity Diary app and platform was sponsored by Abbvie and developed by KBB Medic, with guidance from the Multinational Steering Committee.