

# HOME IS WHERE HEART REHAB IS

## Patients can get healthy online

UNIVERSITY researchers have created innovative heart technology that can rehabilitate patients in their own home.

The interactive home exercise programmes are being developed by researchers at Dublin City University (DCU).

Cardio-vascular disease (CVD) is the leading cause of premature death and disability in the world and costs the EU economy almost €196 billion every year.

### Help

Now DCU's School of Health & Human Performance are leading a €5m project to help patients recover at home.

*The PATHway (Physical Activity Towards Health) programme will provide personalised programmes to encourage patients to exercise more and adopt a healthier lifestyle.*

An online personal trainer will help patients go through their paces, with progress monitored by body sensors.

■ John LEE

At present, CVD patients are referred to community programmes.

*But these are poorly attended, with many patients dropping out after only a few weeks.*

Dr Kieran Moran of DCU's School of Health & Human Performance, who is co-ordinating the project, added:

"There are many barriers to participation in community-based programmes, including no nearby medically appropriate programmes, travel time, scheduling issues, lack of peer mentoring, low self-confidence related perceived poor exercise technique and perceived poor body image.

"We have put together an internationally renowned group of experts from the fields of behavioural change, cardiac rehabilitation, exercise science, health economics, technology and games development to develop the PATHway programme."

