Perspectives on technology use to enhance self-management in bariatric surgery patients

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Background:
- Bariatric surgery models of care do not typically provide support for long-term behaviour change, particularly beyond 12-months post-surgery.
- Mobile health (mHealth) has the potential to address this through delivering tailored education, supporting self-management and behaviour change, without geographical limitations.

Aim:
- To determine whether the development of an mHealth model of care would be feasible and acceptable for patients, pre and post bariatric surgery in self-management of diet and lifestyle changes.

Results:
- 39% of respondents reported barriers to attending face-to-face appointments
- 91% of respondents owned a smartphone
- 84% of respondents owned a desktop computer, laptop or tablet

Willingness to use technologies:
- Email: 91%
- Text messages: 83%
- Phone calls: 81%
- Websites to access information: 78%
- Videos: 57%
- Video conferences: 46%

Conclusion:
- A technology enhanced model of care for post bariatric surgery care may be feasible and acceptable in this cohort.
- The results from this study have informed the development of a number of technology enhanced resources being piloted in the RBWH Statewide Bariatric Service.

Methods:
- 10-question survey relating to barriers to attending appointments; preferences for health information and smartphone usage.
- Surveys completed by pre and post bariatric surgery patients at RBWH