

# Edu-ACS pilot study: satisfaction and usability of a smartphone app to support lifestyle changes after an acute coronary syndrome



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## Aim

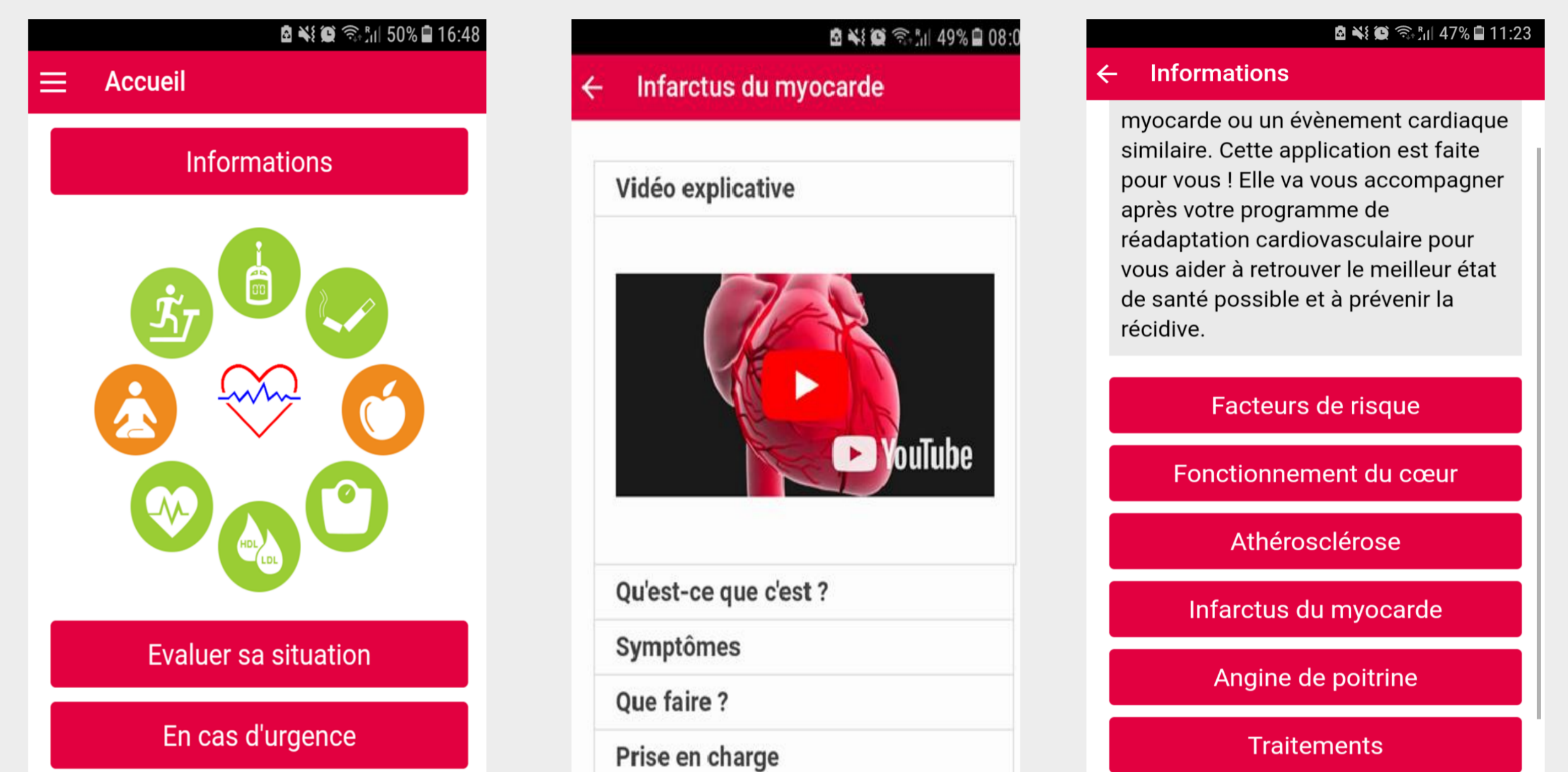
- Evaluation of the usability of the app « Edu-ACS »
- Evaluation of patients satisfaction

## Conclusion

- ✓ Good usability of « Edu-ACS »
- ✓ High satisfaction of patients
- ✓ Development of a more personalized app

## Background

- Secondary cardiovascular prevention remains suboptimal after an acute coronary syndrome (ACS).
- The main challenge for patients and caregivers is to maintain healthy lifestyle changes.
- « Edu-ACS » is a smartphone app providing **medical explanations** about coronary artery disease and **individual recommendations** based on an initial assessment of all cardiovascular risk factors.

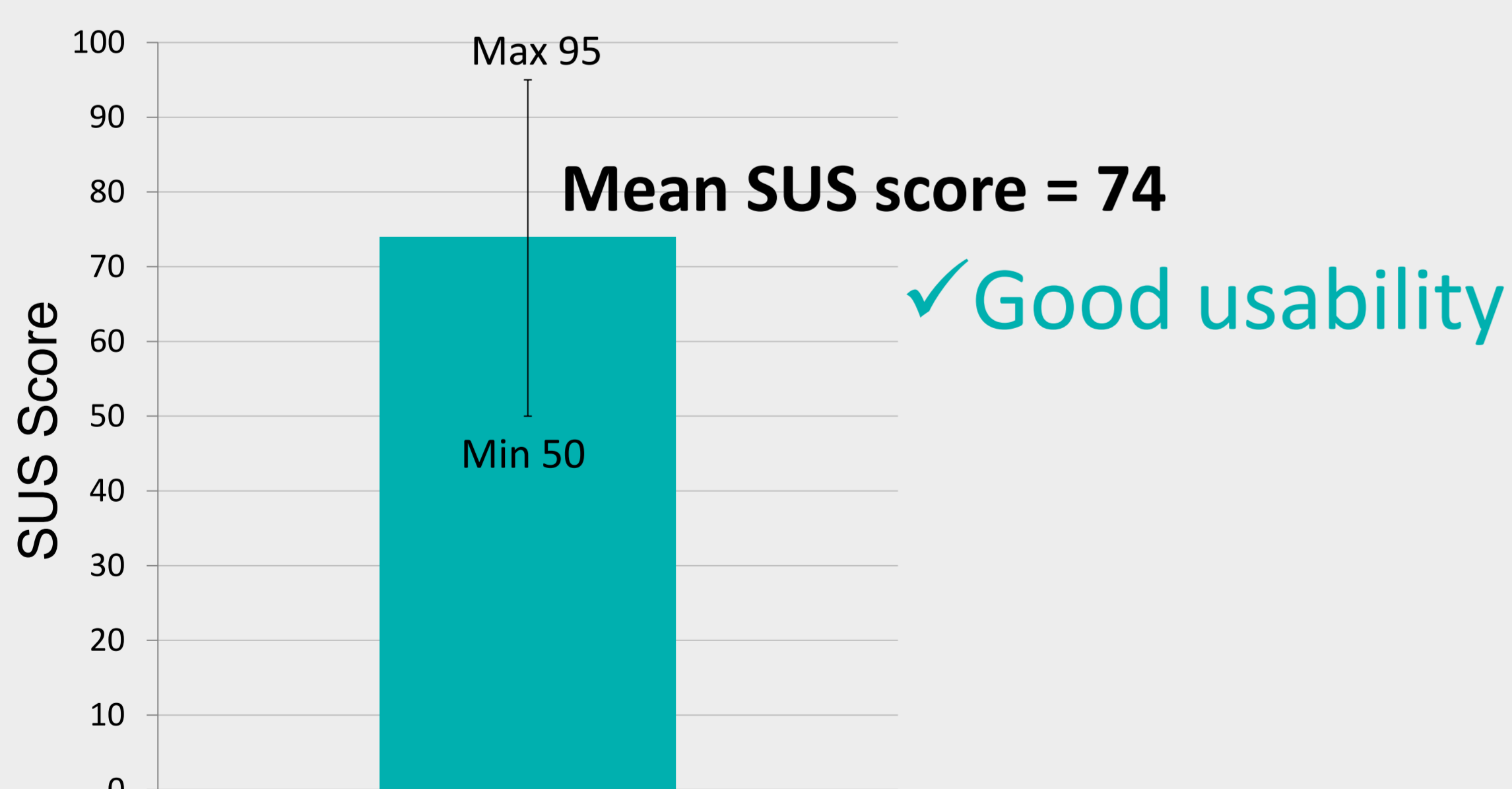


## Method

- Patient enrollment during the cardiac rehabilitation programme
  - Evaluation of the usability of the app using the System Usability Scale (SUS) ([www.usability.gov/how-to-and-tools/methods/system-usability-scale.html](http://www.usability.gov/how-to-and-tools/methods/system-usability-scale.html))
  - Evaluation by participants using a satisfaction questionnaire and a semi-structured oral interview
- after 7 and 35 days of use

## Results

- 16 patients enrolled (15 male, 1 female); Mean age 55.1±11.9 years old
- Same SUS score after 7 and 35 days of use:



- Satisfaction questionnaire:

	Totally agree/ agree	Neither agree nor disagree	Disagree /totally disagree
1. Easy to use	81%	7%	12%
2. Very useful	75%	25%	0%
3. Medical content easy to understand	75%	13%	12%
4. Would recommend the app to other patients	75%	13%	12%
5. All the medical content is useful	63%	25%	12%
6. Learning new notions	56%	25%	19%
7. Need for additional information	50%	31%	19%

- Overall app use was of 13 uses over 5 weeks (10 uses the first week) on average.

- Semi-structured oral interview:

- 12 patients (75%) appreciated the risk factors assessment.
- 8 patients (50%) wished the app to provide more **individualized recommendations** and to **track changes** in risk assessment results **over time**.
- 5 patients (31%) reported technical difficulties during the test.