Telerehabilitation Readiness Among Older Adults with Hypertension in a Rural Community

SCIENTIFIC TITLE
Assessing Readiness towards Telerehabilitation Among Older Adults with Hypertension In a Rural Community in Laguna, Philippines: a Cross-sectional Analytical Study

PROJECT DESCRIPTION
Hypertension is a major risk factor for cardiovascular disease that commonly affects older adults in the Philippines. Specifically, in Region IV-A, a rise in the death rate was noted due to cardiovascular diseases. Telerehabilitation is a mode of providing rehabilitative interventions through electronic devices and is convenient in the time of the pandemic. Despite the benefits it provides, barriers including resources, skills, and literacy are still needed to be identified as there are insufficient studies that focus on it. Readiness for telerehabilitation pertains to perception, their accessibility to technological resources, and skills in using electronic devices. The scarcity of hypertension-specific studies and telerehabilitation studies regarding technological resources and accessibility assessment for telerehabilitation among older adults with hypertension, within rural communities in Laguna, necessitates further research. Therefore, the aim of this research is (1) to determine the perception of participants towards the implementation of telerehabilitation (2) to assess the readiness of individuals with hypertension, in terms of their accessibility to technological resources, and technological literacy, and (3) to determine the relationship of readiness in using telerehabilitation of older adults with variables on socio-demographic, perception, technological literacy and available resources. A cross-sectional analytic study design and simple random sampling were utilized for the study. Older adults (>55 years old) medically diagnosed with hypertension will be recruited through barangay health workers (BHW). These participants were asked to accomplish the Web-Based Patient-Reported Outcomes Capture System-Needs, Acceptance and Readiness Assessment questionnaire through Google Forms to determine their level of readiness in using telerehabilitation as a medium of receiving healthcare services. Data collected was analyzed through multiple regression line analysis with Microsoft Excel. Keywords: hypertension, telerehabilitation, readiness, older adults

NUHRA DETAILS

<table>
<thead>
<tr>
<th>Regime</th>
<th>Classification</th>
<th>Priority</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017 - 2022</td>
<td>Health Service Delivery</td>
<td>Health service delivery</td>
</tr>
</tbody>
</table>

PROJECT DURATION

<table>
<thead>
<tr>
<th>Start Date</th>
<th>Duration in Months</th>
<th>Target Completion Date</th>
<th>Actual Completion Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>2020-08-01</td>
<td>24</td>
<td>2022-08-01</td>
<td>0000-00-00</td>
</tr>
</tbody>
</table>

PROJECT STATUS
Ongoing

REASON FOR PROJECT PENDING/SUSPENSION/TERMINATION
Unspecified

IMPLEMENTING AGENCY (PRIMARY SPONSOR)

<table>
<thead>
<tr>
<th>Institution</th>
<th>Classification</th>
<th>Region</th>
<th>LTO #</th>
</tr>
</thead>
<tbody>
<tr>
<td>University of Santo Tomas, College of Rehabilitation Sciences</td>
<td>Public Higher Education Institution - CHED Supervised Institutions</td>
<td>Philippines</td>
<td>N/A</td>
</tr>
</tbody>
</table>

COOPERATING AGENCY (SECONDARY SPONSOR)

<table>
<thead>
<tr>
<th>Institution</th>
<th>Classification</th>
<th>Region</th>
<th>LTO #</th>
</tr>
</thead>
<tbody>
<tr>
<td>No records found.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

FUNDING AGENCY (SOURCES OF MONETARY OR MATERIAL SUPPORT)

Contact #: (+632) 8377534, (+632) 8377537, (+632) 8372071-80 loc. 2117, 2112
Saliksik Building, DOST Compound, Gen. Santos Ave., Bicutan Taguig City 1631 Philippines
IMPLEMENTING AGENCY (PRIMARY SPONSOR)

<table>
<thead>
<tr>
<th>Name</th>
<th>Expertise</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Archelle Jane Callejo Tuiseco MPH, PTRP</td>
<td>Physical Therapy</td>
<td>University of Santo Tomas - College of Rehabilitation Sciences</td>
</tr>
<tr>
<td>Carlos Angelo Dalusong Crespo</td>
<td>Physical Therapy</td>
<td>University of Santo Tomas - College of Rehabilitation Sciences</td>
</tr>
<tr>
<td>Christian Rey Rimando, MSPT, PTRP</td>
<td>Physical Therapy, Community Based Rehabilitation, Telerehabilitation, Orthopedic Physical Therapy</td>
<td>University of Santo Tomas - College of Rehabilitation Sciences</td>
</tr>
<tr>
<td>Crissy Jane Fulgencio Santos</td>
<td>Physical Therapy</td>
<td>University of Santo Tomas - College of Rehabilitation Sciences</td>
</tr>
<tr>
<td>Fernando Levy Abrenica Sto.Domingo</td>
<td>Physical Therapy</td>
<td>University of Santo Tomas - College of Rehabilitation Sciences</td>
</tr>
<tr>
<td>Hannah Rogador Lim</td>
<td>Physical Therapy</td>
<td>University of Santo Tomas - College of Rehabilitation Sciences</td>
</tr>
<tr>
<td>Ken Erbvin R. Sosa, PTRP, MOH</td>
<td>Physical Therapy, Biomechanics, Surface EMG, Sports and Orthopedic Physical Therapy, Occupational Health</td>
<td>University of Santo Tomas - College of Rehabilitation Sciences</td>
</tr>
<tr>
<td>Lorenzo Joel Salonga Mallari</td>
<td>Physical Therapy</td>
<td>University of Santo Tomas - College of Rehabilitation Sciences</td>
</tr>
<tr>
<td>Michelle Audrey Ang Cordero Sy</td>
<td>Physical Therapy</td>
<td>University of Santo Tomas - College of Rehabilitation Sciences</td>
</tr>
<tr>
<td>Shermarie Klein Marella Zabarte</td>
<td>Physical Therapy</td>
<td>University of Santo Tomas - College of Rehabilitation Sciences</td>
</tr>
<tr>
<td>Yalena Mikaela Berbano Bergonio</td>
<td>Physical Therapy</td>
<td>University of Santo Tomas - College of Rehabilitation Sciences</td>
</tr>
</tbody>
</table>

RESEARCH CLASSIFICATION

Non-clinical Studies

HEALTH CONDITION(S) OR PROBLEM(S) STUDIED

The study will be focusing on measuring the readiness towards telerehabilitation among older adults with hypertension. Aside from hypertension, no other health conditions will be included.

PRIMARY OUTCOMES

The primary outcome of the study is to determine the readiness of older adults living in a rural community in receiving telerehabilitation, in terms of perceptions towards telerehabilitation, technological literacy, and accessibility to resources. Additionally, the relationship between socio-demographic variables and the mentioned components will be assessed through multiple linear regression analysis.

KEY SECONDARY OUTCOMES

Unspecified

RECRUITMENT STATUS

Pending
COUNTRIES OF RECRUITMENT

Philippines

RESEARCH UTILIZATION

<table>
<thead>
<tr>
<th>Utilization</th>
<th>Utilization Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>No records Found.</td>
<td></td>
</tr>
</tbody>
</table>

Contact #: (+632) 8377534, (+632) 8377537, (+632) 8372071-80 loc. 2117, 2112
Saliksik Building, DOST Compound, Gen. Santos Ave., Bicutan Taguig City 1631 Philippines