

## Needs assessment: Internet programs for secondary prevention of cardiovascular disease.

- Lis Neubeck, Rhoda Ascanio, Adrian Bauman, Tom Briffa, Alexander M Clark, Ben Freedman, Julie Redfern



ANZAC  
Research Institute



## Internet access

- Access to the Internet is increasing exponentially
- 62% of the Australian population reports having Internet access



## Cardiac Rehabilitation

- Attendance at CR remains poor
- Telehealth, home-based and programs delivered in general practice all effective
- Many services now delivering flexible models
- Internet-based interventions could provide additional options for those who do not access facility-based CR

## Benefits of Internet

- Internet-based programs are more flexible and less threatening
- Internet-based programs can overcome barriers of distance and time
- The majority of Internet users access health information online



## Why do a needs assessment?

- Important first step in health promotion program planning
- Problem definition
- Measures extent and nature of target populations needs

## Objectives

- Establish local patient familiarity with the Internet
- Investigate barriers to Internet use
- Gain patient views and suggestions for website design

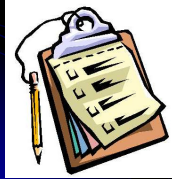
## Methods

- Two stage mixed-methods design
  - Survey
  - Focus Group

## Participants

### Survey

- consecutive cardiology admissions March 2009



### Focus groups

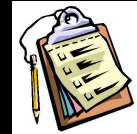
- recruited from facility-based CR



## Survey

Anonymous 12-item survey on Internet use

- Availability
- Access
- Confidence
- Basic demographic information



## Focus Group

- Two separate focus groups
- 1.5 hours
- Moderator and scribe
- Audio-taped
- Seven open-ended questions facilitated discussion



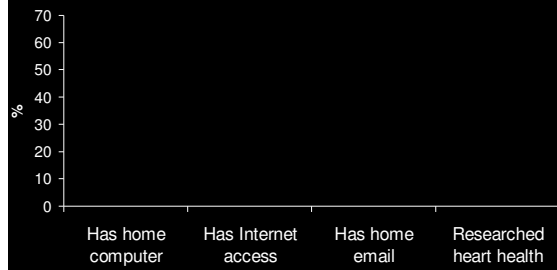
## 1. Survey Results

## 2. Focus Group Results

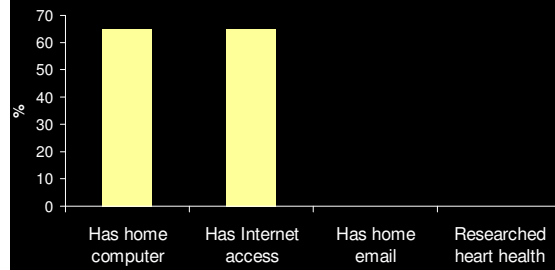
## Demographics of survey participants

	Survey (n=66)
Age 65 years or younger	60%
Male	82%
English first language	66%

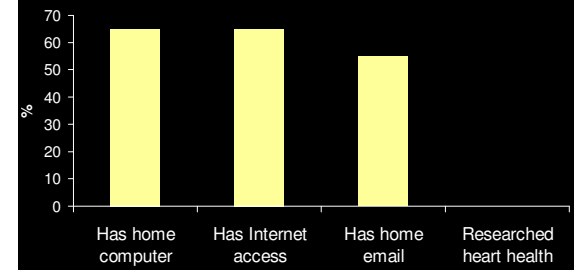
### Internet Access



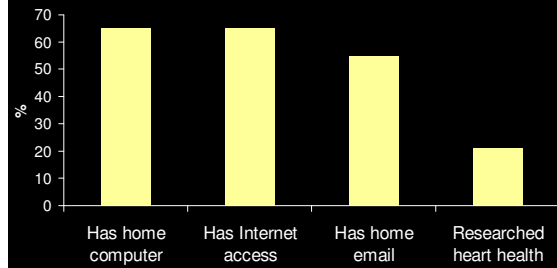
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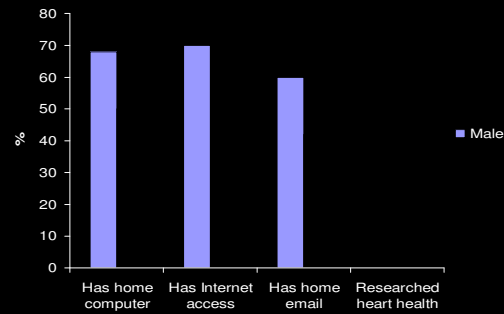
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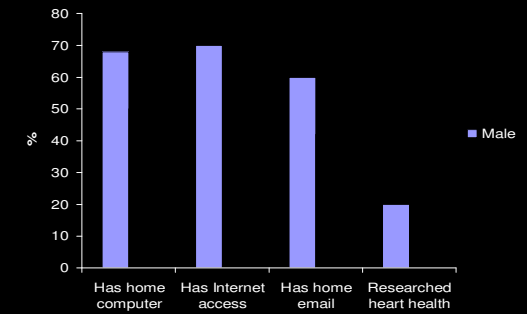
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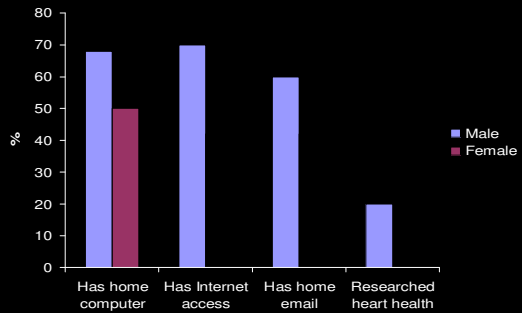
### Internet Access - Gender



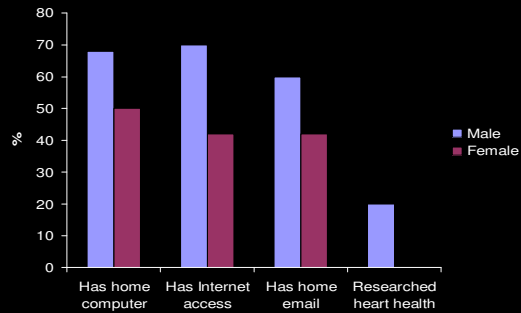
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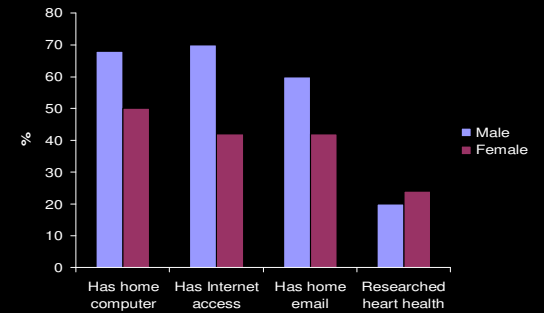
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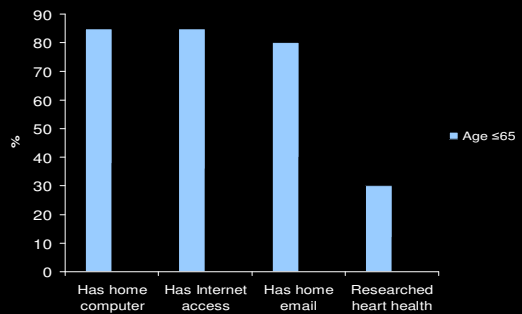
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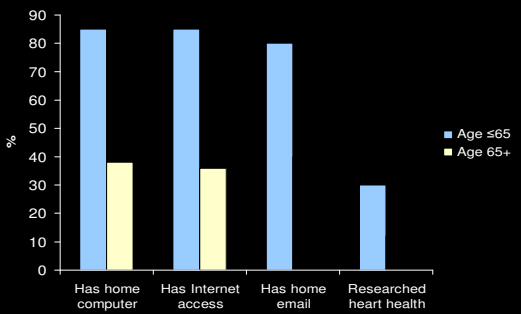
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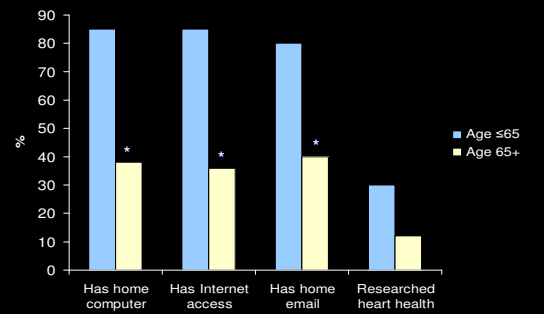
### Internet Access - Age

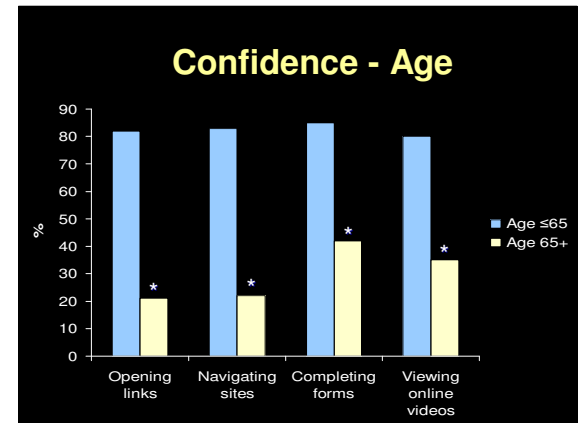
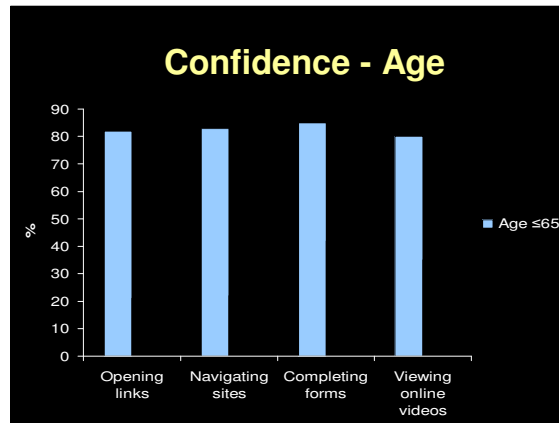
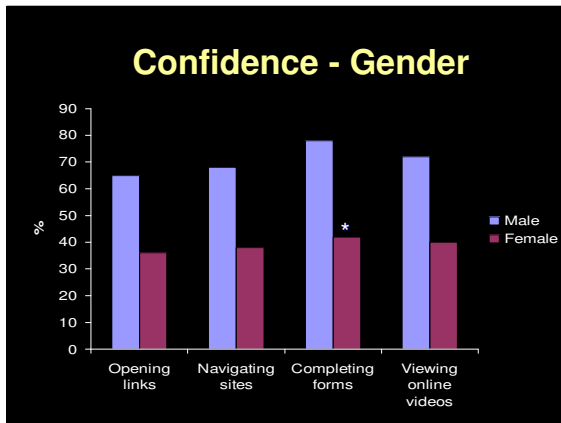
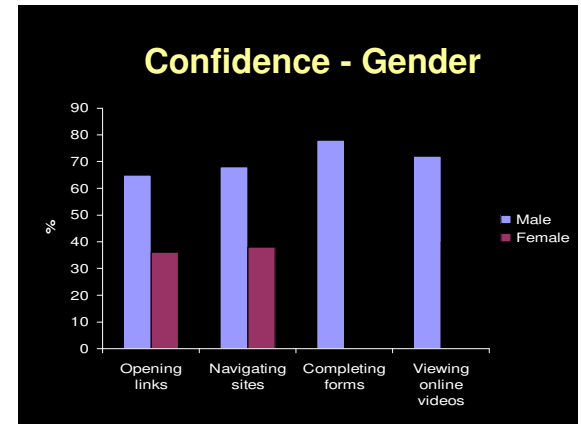
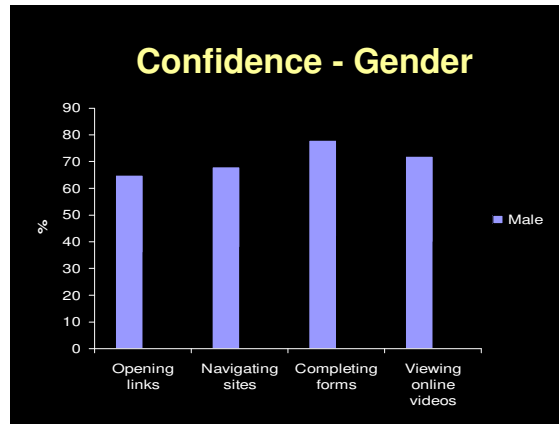
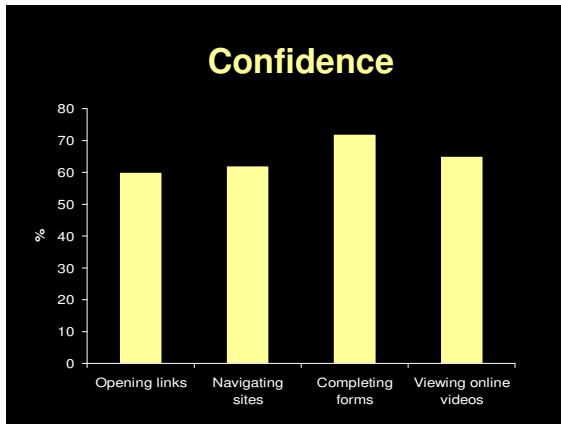


### Internet Access - Age



### Internet Access - Age





## Survey Conclusions

- Clear distinction
  - Either can or can not use computer
- Significant Age differences
  - $\leq 65$  greater computer access & confidence
- Gender differences?
  - Non-significant trend for males to have greater access & confidence

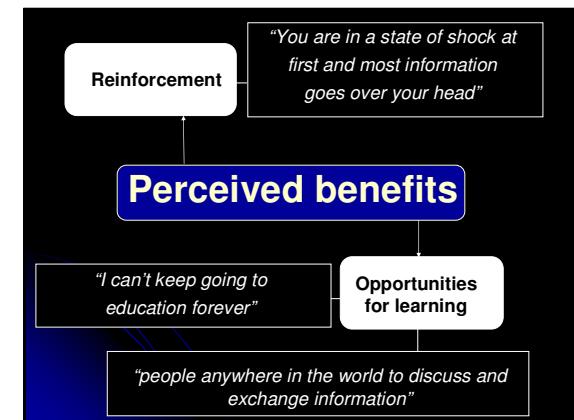
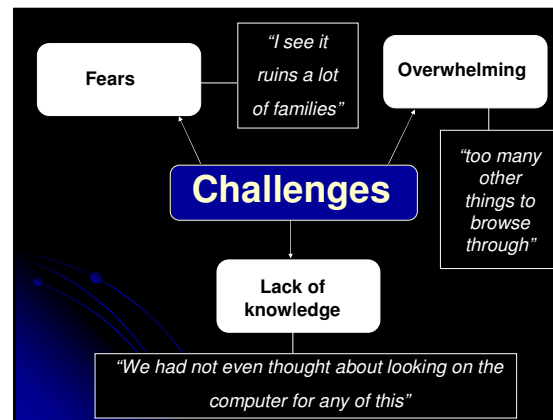
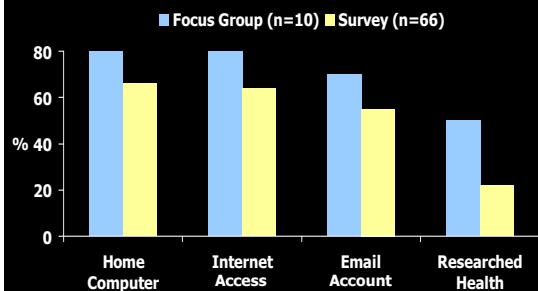
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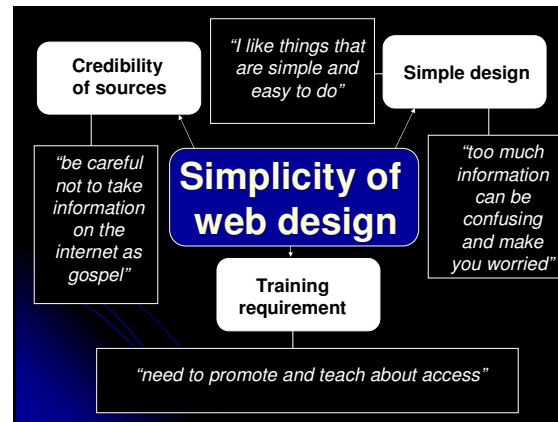
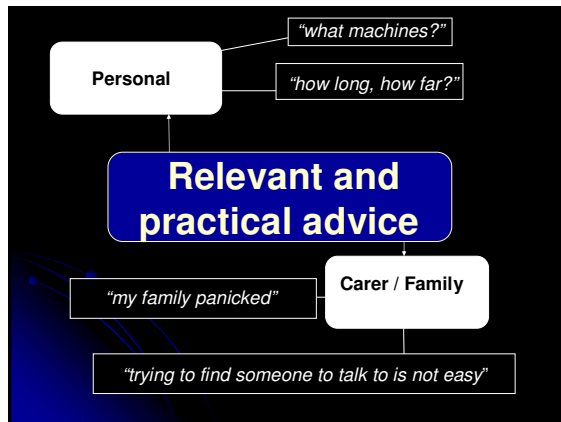
## 2. Focus Group Results

## Demographics

	%	N
Two Groups	-	10
English Speaking	70	7
Male Gender	70	7
Age > 66 years (range 56-81)	60	6

## Internet Access Focus Group vs. Survey





- ## Conclusions
- There is a clear polarity in Internet access and ability
  - Relevance of Internet-based programs should be determined on an individual basis
  - Use of the Internet may help overcome underuse of facility-based CR services

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