



## A preliminary Survey to investigate the feasibility of a digital application for physiotherapy in patients with Cystic Fibrosis.<sup>†</sup>

Beniamino Giacomodonato,<sup>a</sup> Matteo De Marchis,<sup>a</sup> Irene Piermarini,<sup>a</sup> Paola Leone<sup>a</sup>, Sergio Bella<sup>a</sup>, Vincenzina Lucidi.<sup>a</sup>

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**Introduction:** Cystic fibrosis (CF) is a multi-organ genetic disorder, but its clinical outcome involves mostly the respiratory system. Viscous mucus secretions obstruct airways, leading to recurrent and often subsequent chronic infections. The course of the disease is marked by periodic exacerbations with decline in pulmonary function.<sup>1</sup> Adherence is generally poor and has been estimated at 50% or less for pulmonary medications.<sup>2</sup>

The purpose of this survey is to evaluate the possible use and the utility of a future digital application for respiratory rehabilitation in patients followed by Telemedicine-service.

**Methods:** 24 CF patients (age 27,04±8,13) are enrolled and then their parents (age 40,45±7,26); we asked them to answer ten questions about for example the use of mobile-phone, the internet connection, wich app they usually use, and also if they want to receive a communication about respiratory rehabilitation.

**Results:** All children and their parents (100%) expressed an excellent opinion about a possible way of digital application for physiotherapy, and they want to use it in their daily life.

**Discussion:** This future app for respiratory rehabilitation will be a good tool, specially to improve adherence in medical treatment in patients with Cystic Fibrosis.

### Riferimenti

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<sup>a</sup> Paediatric Hospital Bambino Gesù, Rome (Italy) email: sergio.bella@opbg.net; beniamino.giacomodonato@opbg.net

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