

## **O38 - Towards providing type-2 diabetes patients with homogenous information on physical activity**

6. Digitalization and informatics in healthcare

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**Abstract text\*:** Aiming at developing a digital support system which provides specific promotion of physical activity (PA), an online questionnaire was administered to Swedish nurses specialized on diabetes in 2021. We investigated what PA information is provided to non-insulin dependent patients with type-2 diabetes mellitus (T2DM), and how this corresponds to existing recommendations on PA. The questionnaire contained both yes/no and open-ended follow-up questions.

eFYSS states that patients with T2DM should perform 150 min/week of PA at moderate intensity (distributed over 3-7 days/week), or 75 min/week of PA at vigorous intensity (distributed over 3-5 days/week), and resistance training (8-10 exercises, 8-12 repetitions, 1 set, 2-3 times/week). The PA's effect on blood glucose level regulation lasts only for 48 hours. Therefore, the time between resistance training sessions shall be < 2 days.

A total of 44 nurses, representing a majority of the Swedish regions, responded. Information on PA is provided in written, orally, and/or practically to patients recently diagnosed with T2DM. The majority of the nurses provide recommendations on duration per week, frequency, intensity and type of PA.

Their recommended duration per week varies: > 150 min (20 nurses), > 210 min (14 nurses), > 420 min (one nurse), and individualized recommendations (7 nurses). Five nurses recommend a certain duration per week but adjust it to the individual if required, and 18 nurses recommend their patients to perform resistance training. Some of them include it in the total recommended duration per week, others do not. The recommended intensity varies.

The study, conducted within the scope of the KKS-funded ESS-H+ research profile, shows that several nurses provide PA information that does not corroborate with current PA recommendations.

Since patients with T2DM feel as good as possible if performing self-care according to treatment guidelines, we recommend the provision of homogeneous and correct PA information through a digital support system.