

TEXT MESSAGING TO ENCOURAGE AMBULATION

Abstract

This doctorate of nursing practice (DNP) project evaluates the effectiveness of text messaging as a means of motivation for patients diagnosed with peripheral vascular disease to walk. Walking is a known first line intervention for patients with peripheral artery disease as it can prolong claudication onset time. Text messaging has been shown to be a useful motivational tool in other areas of healthcare such as weight loss and smoking cessation. These two known facts were combined to create a project that sent two to three text messages per week over 8 weeks to patients enrolled in this project at a central California cardiovascular health clinic. Survey results at the end of the study showed that 84.62% of participants felt that the messages motivated them to go on walks, 92.31% of the patients felt the text messages were beneficial to them and 76.92% of participants reported that they increased their walking time since receiving the text messages. This project was initially implemented as a pilot intervention at this particular clinic with a small group of participants, the data collected was then used to determine if the project would be continued for all applicable patients at the clinic.

Keywords: peripheral artery disease, intermittent claudication, cardiovascular, peripheral vascular disease, lower extremity pain, walking, exercise