ICT Project Nomination Form 2012

The teams choose projects based on this short description. There is no guarantee that your project will be taken, make it sound as interesting and as educational as possible.

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**Project Title:**

Virtual monitoring for an Exercise Physiology program

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**Client retains Intellectual Property:** Yes

**Confidentiality Agreement required:** No

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**Project Description:**

**Problem** – Ensuring effective intervention programs for clients, particularly those requiring ongoing support for rehabilitation or degenerative conditions.

The most effective intervention programs have been shown to be those involving frequent consultations with allied health professionals, especially in the initial stages of treatment where behaviour modification is an important focus. Federal health funding arrangements currently allow a maximum of 5 face to face consultations per year with allied health professionals. The frequent requirement for face-to-face consultations exceeding this number may be a limiting factor on effective treatment. This is particularly the case for those in rural or remote areas where the need to travel imposes additional costs.

**Solution** – e-health technologies are enabling an expanding range of support strategies that supplement face-to-face consultations. These technologies are facilitating increased, regular and ongoing support for minimal cost. This project aims to contribute to this trend, developing a novel electronic interface between client and health professional. The pilot project will focus on exercise physiologists, but the proposed system will have broad application across allied health and related professions. The system will provide a platform for information exchange between client and practitioner, reducing the need for face-to-face consultation. It will allow clients to remotely enter information about their activities. This will provide the exercise physiologist with more regular and reliable information than they are currently able to obtain. They will be able to use this information to monitor progress, modify programs or, if required conduct a virtual/electronic consultation. The system may also generate regular, personalised feedback to patients on their progress.

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![Figure 1: Information exchange between practitioner and client via interface and CMS](image-url)
There are two preferred methods of data input. The first is a simple manual data entry method for both clinician and their client. The second is a more automated system based on the capture of relevant data from body worn, Bluetooth enabled, sensors. There is an existing database and data entry system which needs enhancement to cater for these new methods and there is a sensor system available on which to base the second interface.

**Project Technical Information:**
For discussion at first meeting.

**Contact Information:**
Client Name (person who will be student contact): Dr Denis Visentin  
Phone Number (business hours): 6324 3409  
Mobile Number (if have one):  
Email Address: Denis.Visentin@utas.edu.au  
Website (if have one):  
Address (where students will visit, not PO Box): C001C, Building C (Human Life Sciences), Newnham Campus, University of Tasmania