

Clinical Sciences - Poster Abstracts / Sciences cliniques - Abrégés affiches

Abstract #202

Exploring the Feasibility of Implementation of an Online Tele-Coaching Community-Based Exercise Intervention among Adults Living with HIV in Toronto, Ontario

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Objective: To assess the feasibility of implementation of an online community-based exercise (CBE) intervention in Toronto, Ontario.

Methods: We conducted an observational longitudinal study with adults living with HIV engaged in a six-month tele-coaching CBE intervention (biweekly exercise supervised online by a personal trainer, weekly group online exercise classes, monthly educational sessions, and e-learning modules). Participants were asked to wear a physical activity monitor (Fitbit) throughout. We administered a web-based questionnaire at month 2 and 6 to assess feasibility operationalized as: ease of use (7 items) and helpfulness (6 items) for components of the intervention [personal training sessions, group exercise classes, monthly educational sessions (all via Zoom); Fitbit; YMCA Virtuagym website; Sweat for Good App; self-directed e-learning modules], reliability of the technology (technology interruptions, need to reboot (2 items)), and satisfaction (10-item Telehealth Satisfaction Scale (TeSS)). We calculated frequencies and percentages for each item, and median (25th, 75th percentiles) of the TeSS (range: 10-40; higher scores indicating higher satisfaction).

Results: Of the 32 participants (70% men, median age 51.5 years) who initiated the intervention, 30 completed a questionnaire at month 2 or 6. Intervention components were rated as 'easy or very easy to use' by 35-96% of participants (for the Virtuagym website and monthly educational sessions, respectively), and 'helpful or very helpful' by 50-96% of participants (e-learning modules and Zoom, respectively). Most participants (50-79%) reported no interruptions or need to reboot technology. Median satisfaction (TeSS) scores were 38/40 (32, 40; month 2) and 37/40 (34, 40; month 6).

Conclusion: The online CBE intervention appears feasible for implementation among this sample of adults living with HIV. Personal training and group educational sessions (via Zoom), and the Fitbit were considered easiest to use and most helpful among participants. Results can inform ways to tailor online CBE interventions with adults living with HIV.