

## Amsterdam University of Applied Sciences

### **Using e-Health in the physical therapeutic care process for patients with temporomandibular disorders**

*a qualitative study on the perspective of physical therapists and patients.*

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# Using e-Health in the Physical Therapeutic Care Process for Patients with Temporomandibular Disorders: a Qualitative Study on the Perspective of Physical Therapists and Patients.

H.A. van der Meer<sup>1-5</sup>, L. de Pijper<sup>6</sup>, T. van Bruxvoort<sup>7</sup>, C.M. Visscher<sup>1</sup>, M.W.G. Nijhuis- van der Sanden<sup>4</sup>, R.H.H. Engelbert<sup>3,5</sup>, C.M. Speksnijder<sup>2</sup>

<sup>1</sup>Department of Orofacial Pain and Dysfunction, Academic Centre for Dentistry Amsterdam (ACTA), University of Amsterdam and VU University Amsterdam, Amsterdam, The Netherlands; <sup>2</sup>Department of Oral-Maxillofacial Surgery and Special Dental Care, University Medical Center Utrecht, Utrecht University, Utrecht, The Netherlands; <sup>3</sup>Education of Physiotherapy, Faculty of Health, Amsterdam University of Applied Sciences, Amsterdam, The Netherlands; <sup>4</sup>Research Institute for Health Sciences, IQ healthcare, Radboud University Medical Center, Nijmegen, The Netherlands; <sup>5</sup>Department of Rehabilitation, Amsterdam University Medical Centers (AUMC), University of Amsterdam, Amsterdam, Amsterdam Movement Sciences, The Netherlands; <sup>6</sup>Kerngezond Fysiotherapie, Mijdrecht, The Netherlands; <sup>7</sup>Population Health Management, Philips, Ede, The Netherlands

## Introduction



Up to 15% of the adult population has complaints related to temporomandibular disorders (TMD).

TMD treatment is multidisciplinary and often consists of splint therapy and physical therapy, including exercises.



Home exercises could be delivered through e-Health, however the effectiveness is unknown.

Furthermore, it is also unknown if patients and physical therapists are open to use e-Health.



## Methods



### Interviews with topic guide

- 11 Orofacial Physical Therapists  
7 female; mean age 43
- 9 Patients with TMD  
8 female; mean age 48

*"If e-Health was available, what would make you want to use it and why?"*

Thematic Analysis with Atlas.ti

- ❖ Acceptance
- ❖ Expected utility
- ❖ Usability
- ❖ Convenience



## Results

Key Facilitators		Key Barriers	
	OPT	Pt	
Familiar with e-Health Going with natural changes	████	████	Acceptance of e-Health Technical skills Downsizing screen time
Prevention Self-efficacy Motivational Insight in process Reliable information processing	████	████	Expected Utility Time investment OPT Changes treatment Losing personal contact Fixation
Fits TMD treatment Reminder Information distribution Moment of use Timeline (following progress)	████	████	Usability Exercises easy / online Not part of treatment No need for additional information Content not ready / up-to-date
Available app & website Clear menu Animated exercises Adjustable Personal	████	████	Convenience Costs Advertising Social Media Poor design or technology Complex profile

*"I think it [e-Health] can help in the actively involved role of the patient" (OPT09)*

*"I think it [e-Health] could work, especially with the jaw, because most work is done when you are not with your physical therapist" (Pt04).*

### TAKE HOME MESSAGE

- The rehabilitation process of temporomandibular complaints may be supported by the use of e-Health applications.
- Physical therapists and patients with temporomandibular disorders are positive towards the use of e-Health as an addition to the usual care.
- Especially during the treatment process, there is a need for clear animated videos and reminders for the patients.

### AIM

To assess the needs, facilitators and barriers of an e-Health application included in the healthcare process of patients with TMD, from the perspective of both Orofacial Physical Therapists and patients with TMD.