

# eHealth literacy of post-stroke service users and their formal and informal carers: Study Protocol

Johnson TM<sup>1,2</sup>, Lobo E<sup>3</sup>, Abdelrazek M<sup>3</sup>, Kayser L<sup>2</sup>, Hyde NK<sup>1</sup>, Berk L<sup>1</sup>, Berk M<sup>1</sup>, Hosking SM<sup>1</sup>  
<sup>1</sup>Deakin University, Geelong, VIC, Australia; <sup>2</sup>University of Copenhagen, Copenhagen, Denmark; <sup>3</sup>Deakin University, Burwood, VIC, Australia

## BACKGROUND

- All countries around the world, will need to consider whether their social and health systems are ready to face challenges presented by the demographic shift of an ageing population <sup>1</sup>
- eHealth technologies provide an opportunity to delivering healthcare by an alternative means to support the aging population <sup>2</sup>
- Older adults have unique needs in relation to technology use and engagement; often related to varying ageing and chronic conditions
- Stroke is among the leading causes of death in Australia, however this rate is decreasing <sup>3</sup> which is resulting in more people requiring healthcare assistance for recovery

## RESEARCH AIM

- To explore aspects of eHealth literacy to understand where health technology may impose a potential barrier or facilitator to utilisation in older adults who have a history of stroke, their formal and informal carers

‘eHealth literacy’ is an emerging term; which considers the skills and knowledge required to address a health problem with the use of technology.

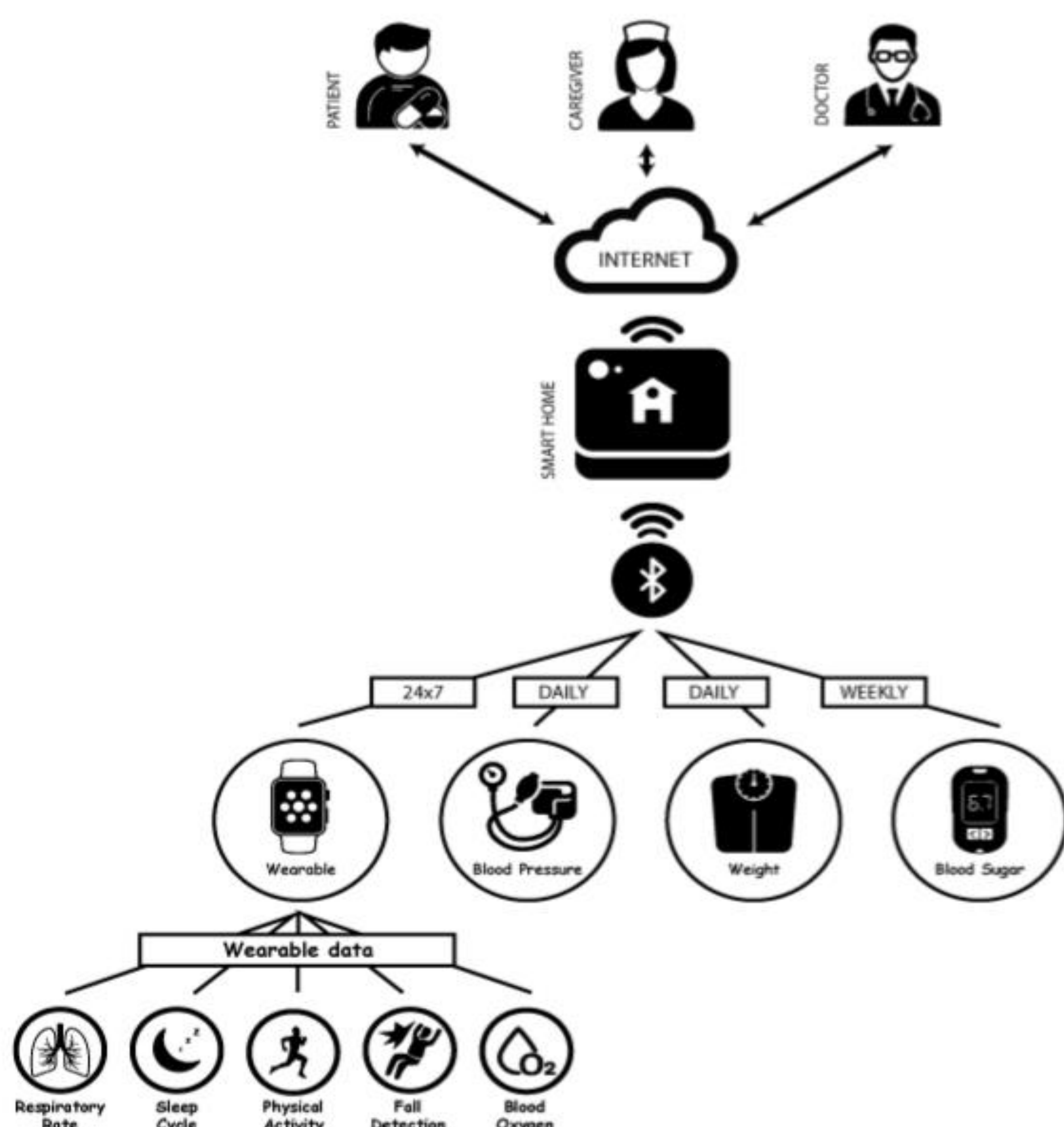


Figure 1: Diagram of the proposed smart home system components, including system interaction from three consumers and the information that will be collected on the older adults who has a history of stroke to enable monitoring during recovery

## METHODOLOGY

- The project will be branched off a usability trial of a newly developed post stroke home assistive system
- The eHealth Literacy Questionnaire (eHLQ) <sup>4</sup> will be completed by all participants prior to technology engagement to determine which of the 7 domains of eHealth literacy are barriers and/or enablers for each group
- The project will be repeated in Denmark to the build evidence base internationally

Methodology	
Project/ Participants	Voluntary participants from Stroke Foundation, Carers VIC and Monash Neurology <ul style="list-style-type: none"> <li>• Service User n~ 10-12 (60+ years old)</li> <li>• Informal Carer n~ 10-12</li> <li>• Formal Carer n~ 5-6</li> </ul>
Data collected	Demographics, eHLQ, Usability data from post trial interview
Purpose and analysis	Compare eHealth literacy scores of the three participant groups in each domain - One-way ANOVA Themes from the usability interviews - Thematic analysis

## EXPECTED OUTCOMES

- The study will provide novel evidence by using eHealth literacy to obtain an understanding of where health technology may present as a potential barrier or facilitator to post-stroke service users, formal and informal carers.
- It provides insight into the specific Health technology requirements of older adults with a history of a stroke.
- Findings will be fed back to technology developers to aid in the creation of older adult specific eHealth technologies.

## REFERENCES

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