

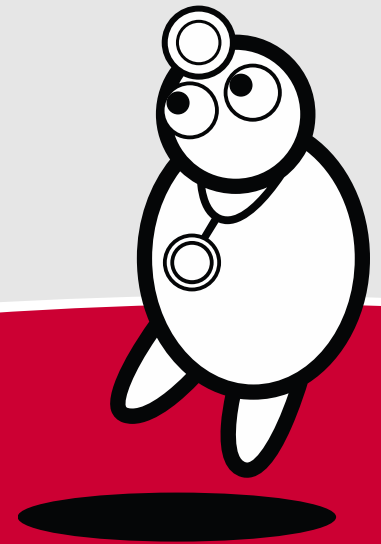
# Share for Care

**self-tracking from the point of view of physicians and patients**

**- extract -**

A DocCheck Research study in spring 2015

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## Objectives and background

- The study 'Share for Care – self-tracking from the perspective of physicians and patients' is based on two in parallel conducted surveys in Germany with n = 166 physicians and n = 704 adults aged 14-69 in the role of patients.
- The objective is to find out
  - how familiar physicians and patients are with today's possibilities of self-tracking
  - how they rate and personally use them
  - if they consider or share self-tracking data within the scope of medical treatment
  - if patients are willing to exchange self-tracking data with different players in the healthcare system
- Besides the personal attitudes, publicity and preferences of 15 manufacturer's brands were determined.



## Study design & sources

<b>Method</b>	Online-survey; Randomized sampling based on DocCheck Healthcarepanel (GPs) Quoted randomized sampling based on respondi Onlinepanel
<b>Sample</b>	n = 166 office-based general practitioners in Germany → ‚physicians‘ n = 704 adults (aged 14-69) → ‚patients‘
<b>Field phase</b>	Physicians: 04/02 – 04/09/2015 Patients: 04/27 – 05/07/2015
<b>Extend</b>	12 questions addressed to physicians; 18 questions addressed to patients PPT report consisting of 120 slides, results stratified for age, sex, ‚heavy-users‘, patients additionally stratified for BMI and sportive activity
<b>Price</b>	980,- euro plus VAT per enterprise
<b>Contact</b>	<a href="mailto:anja.wenke@doccheck.com">anja.wenke@doccheck.com</a>

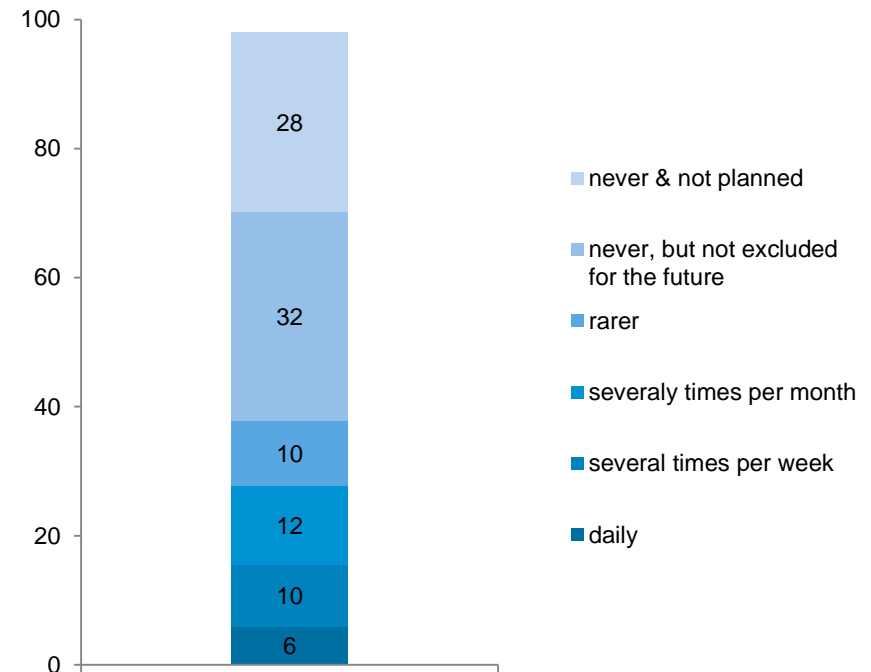
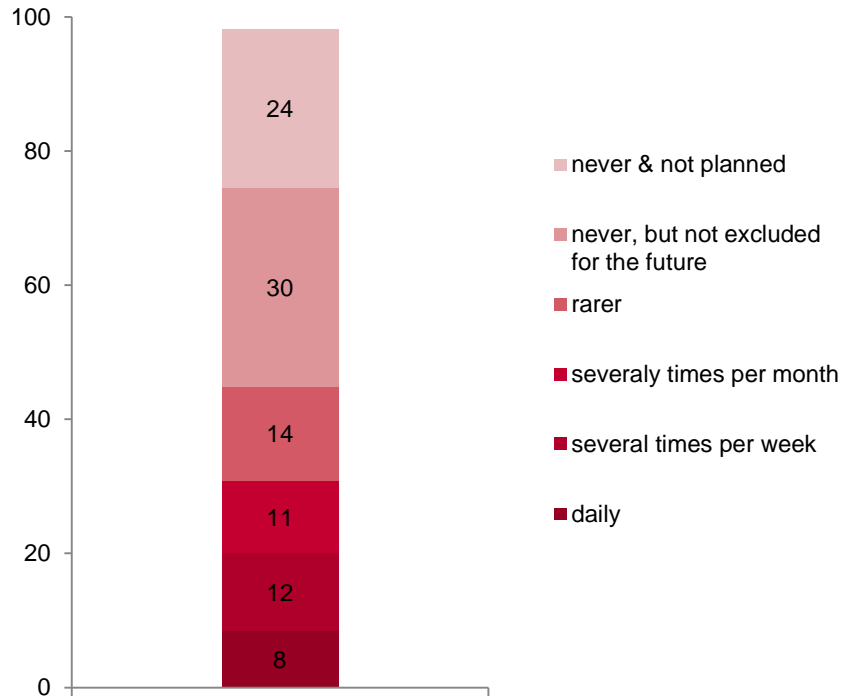


## Usage frequency of self-tracking devices

Enormous potential: Three quarters of the physicians and patients are generally open for the usage of self-tracking devices. Almost every second physician already makes use of them – every fifth physician and 16% of the patients are ‚heavy-users‘ (daily/several times per week).

physicians total

patients total



Q. 11

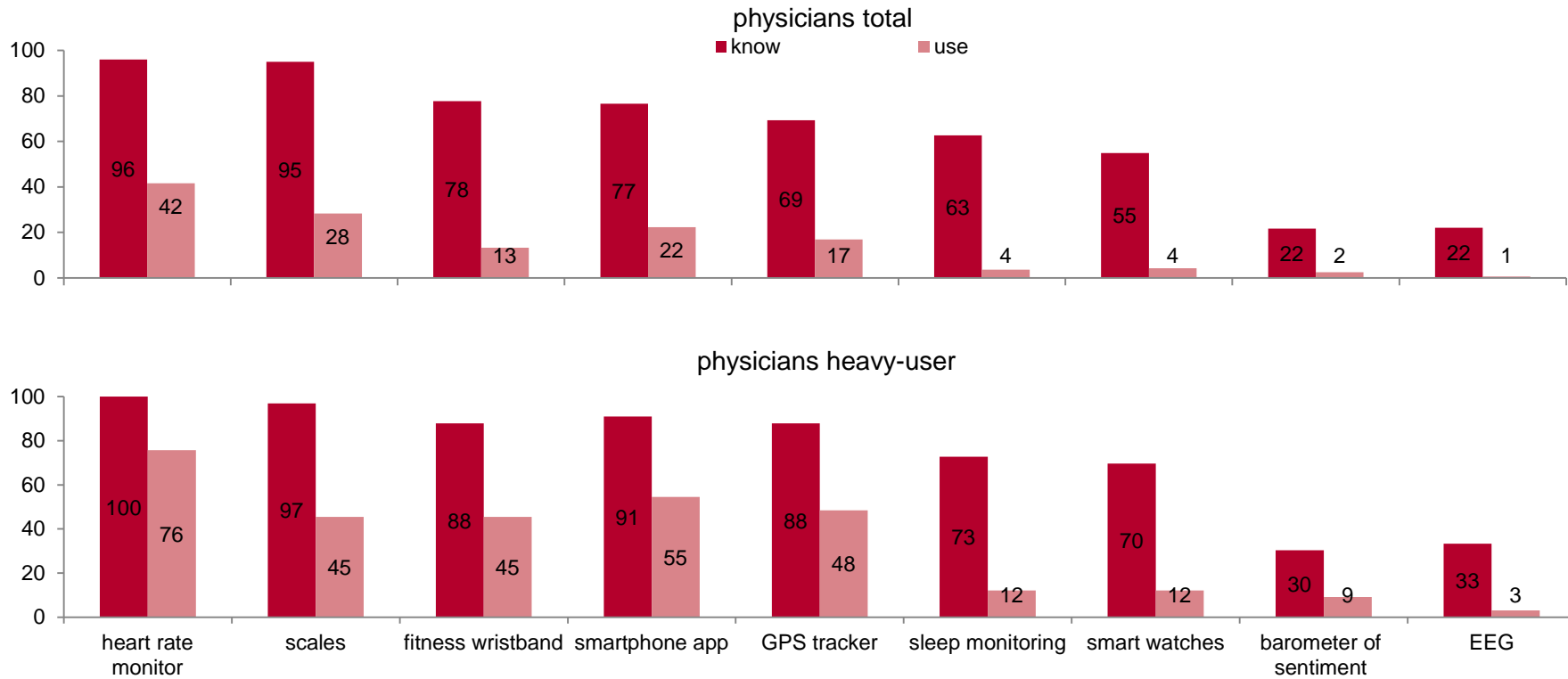
How frequently do you personally use self-tracking devices for the observation of your own fitness data?

Basis: physicians total: n=165 GPs; patients total: n=704 aged 14-69; figures in percent



## Publicity and use of self-tracking devices & apps

Around 40% of the physicians use heart rate monitors, every second heavy-user uses smartphone apps, as well as GPS trackers.

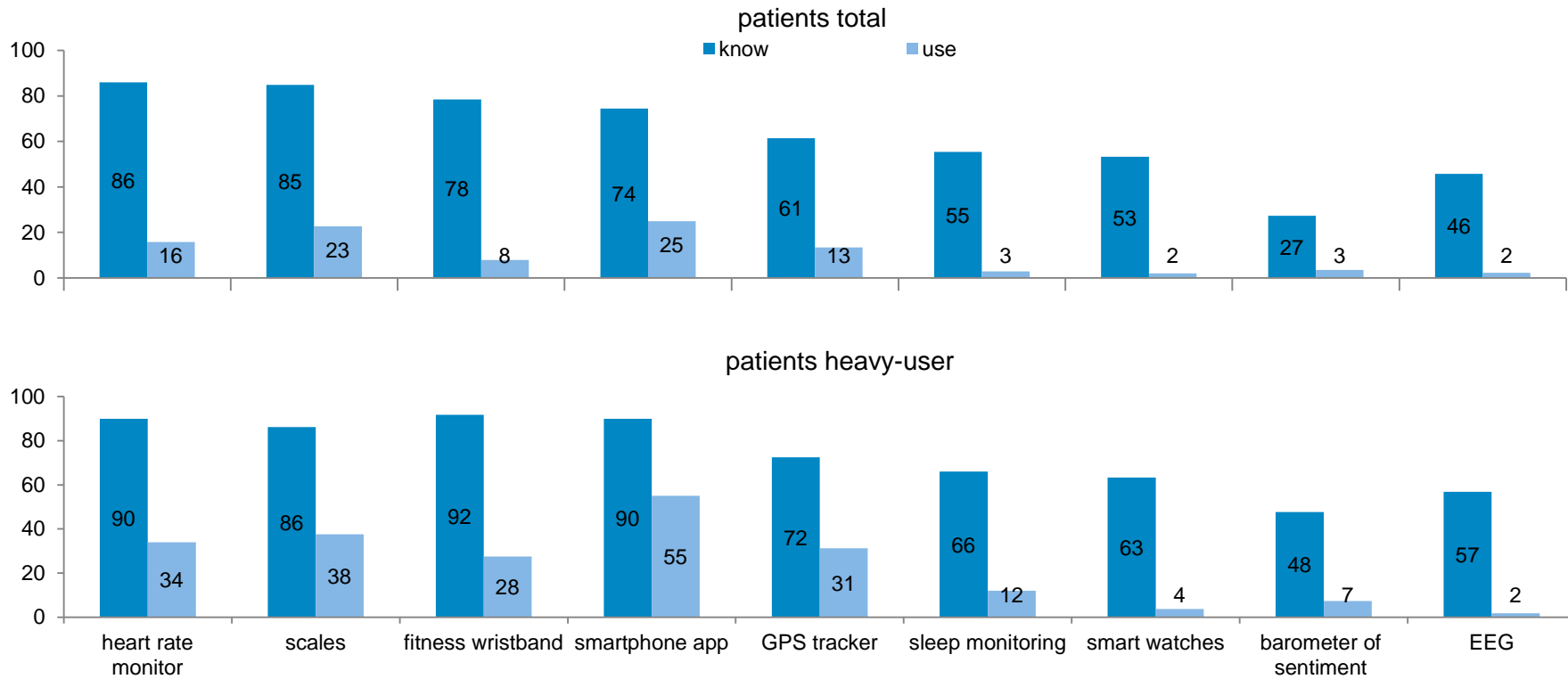


**Q. 2** Which form of the following self-tracking technologies do you know, at least by hearsay and which ones do you personally use?  
Basis: physicians total: n=166 GPs; physicians heavy-user: n=33; figures in percent



## Publicity and use of self-tracking devices & apps

Smartphone apps are the most used method of patients (25%); within heavy-users it reaches 55%.

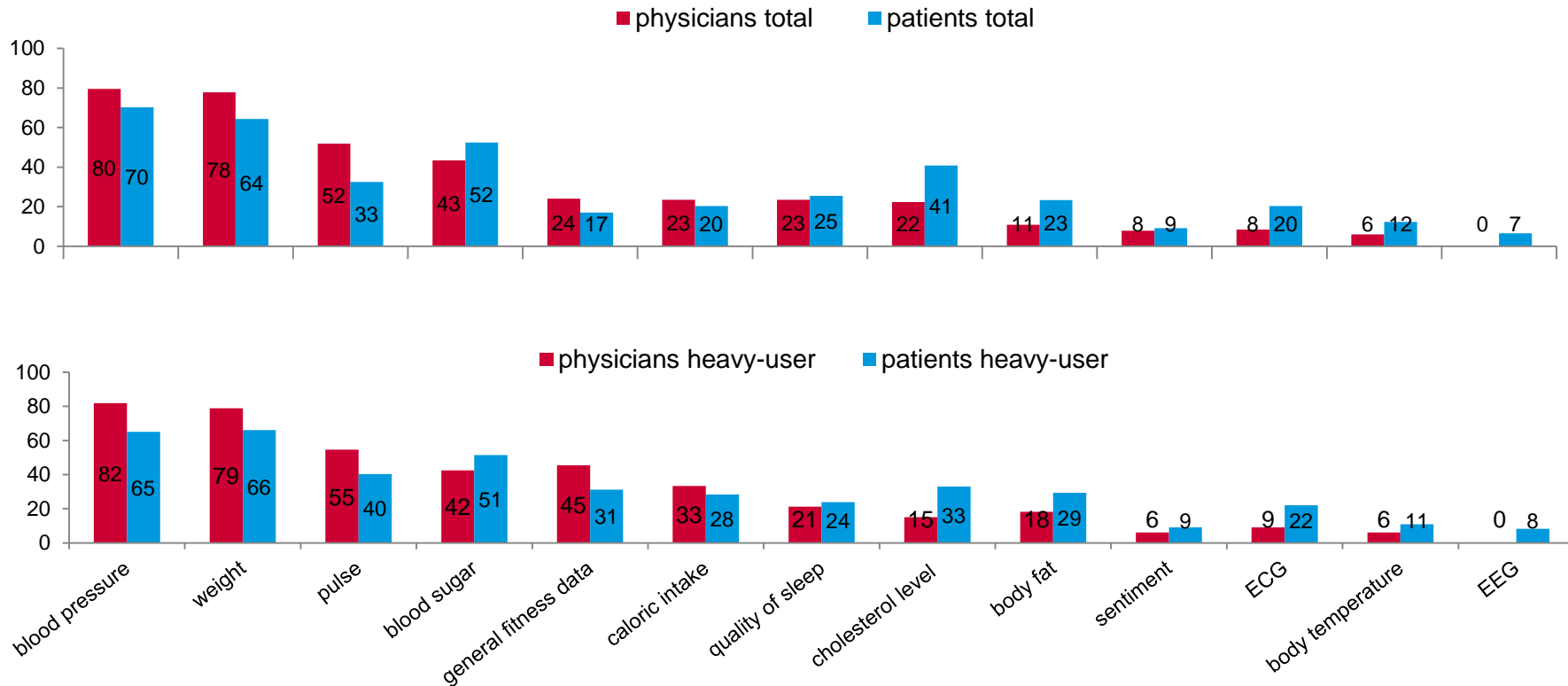


**Q. 2** Which form of the following self-tracking technologies do you know, at least by hearsay and which ones do you personally use?  
Basis: patients total: n=704 aged14-69; patients heavy-user: n=109; figures in percent



## Frequent control of health values

What are the missing values of Self-Trackers? Blood pressure is rated as the most important value, followed by weight, pulse and blood sugar.

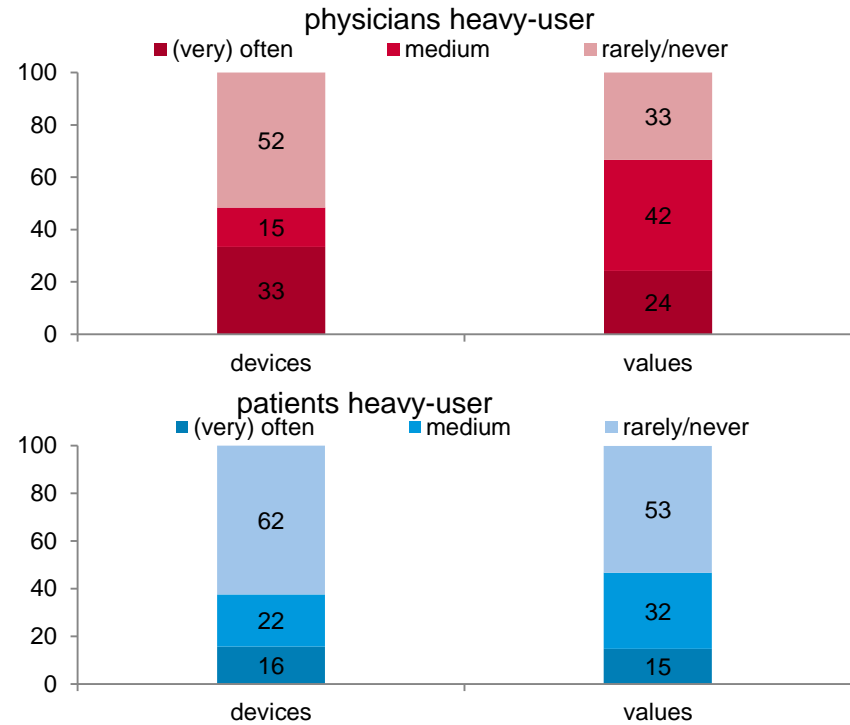
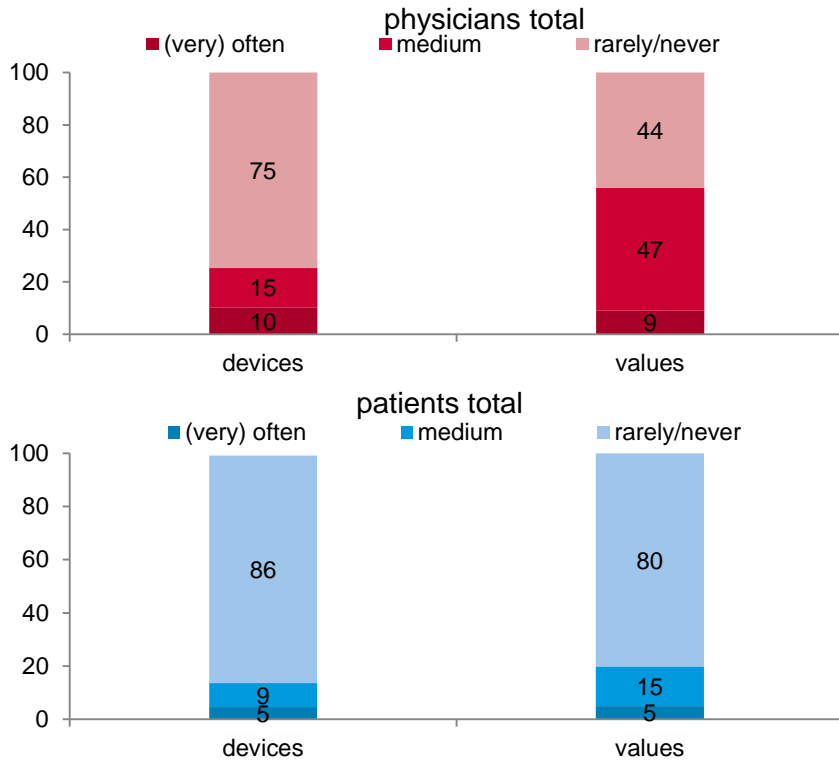


**Q. 3** Which of the following health values should you frequently control or look at, regardless of the actual state of health?  
Basis: physicians total: n=166 GPs; physicians heavy-user: n=33; patients total: n=704 aged 14-69; patients heavy-user: n=109; figures in percent



## Consultation about self-tracking at the doctor's visit

Physicians as self-tracking consultants: About 50% of the heavy-users answer questions concerning self-tracking devices, 66% concerning self-tracking values.



### Q. 4A

How often do patients ask you/do you ask your physician for advice concerning self-tracking devices/values?

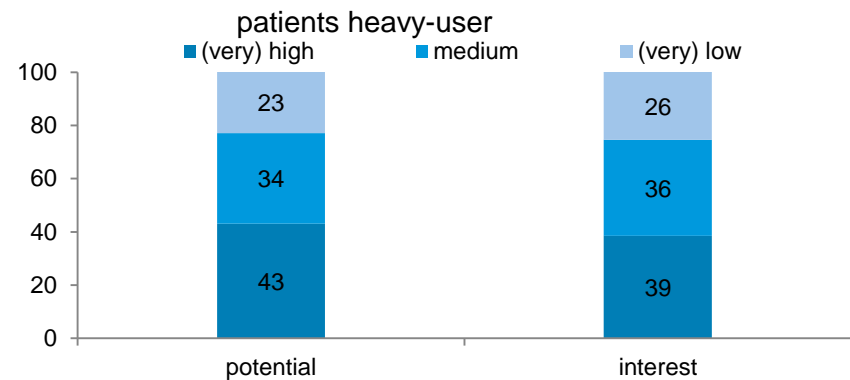
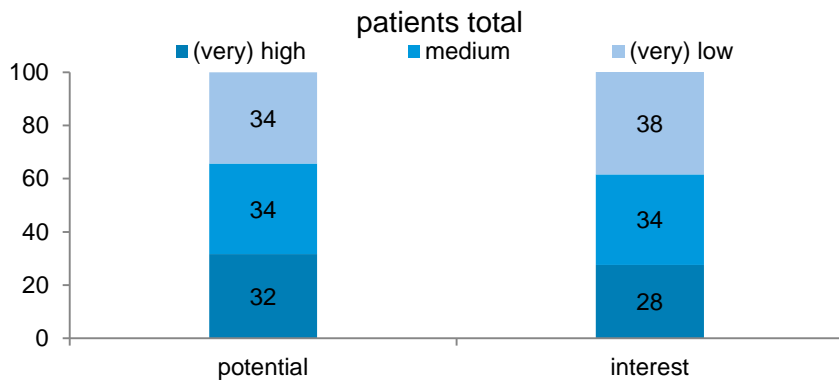
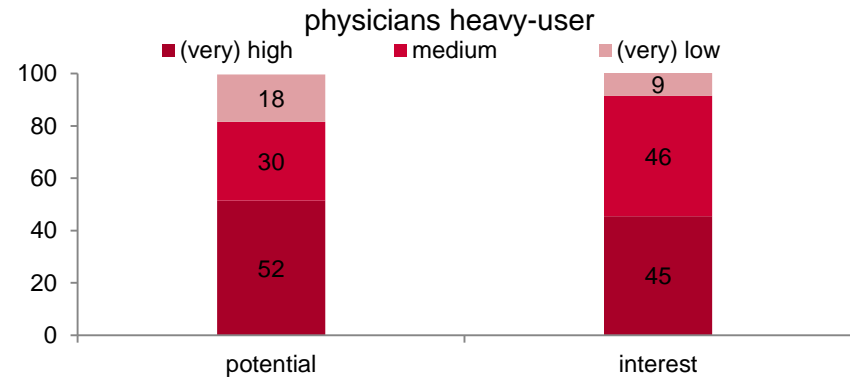
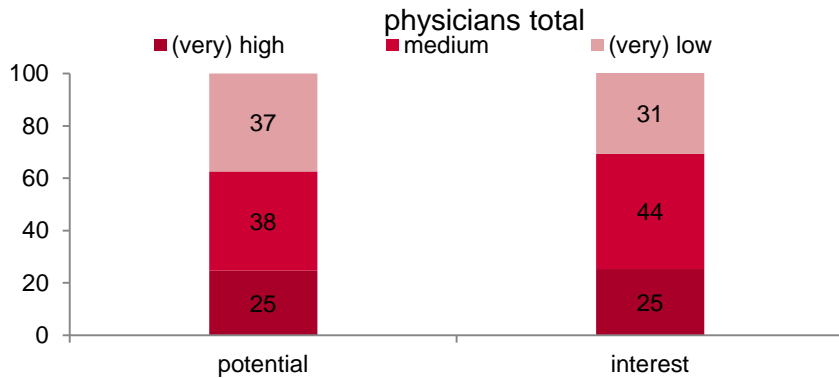
Basis: physicians total: n=166 GPs; patients total: n=704 aged 14-69; physicians heavy-user: n=33; patients heavy-user: n=109; figures in percent





## Potential and interest on the use of self-tracking accompanied by therapy

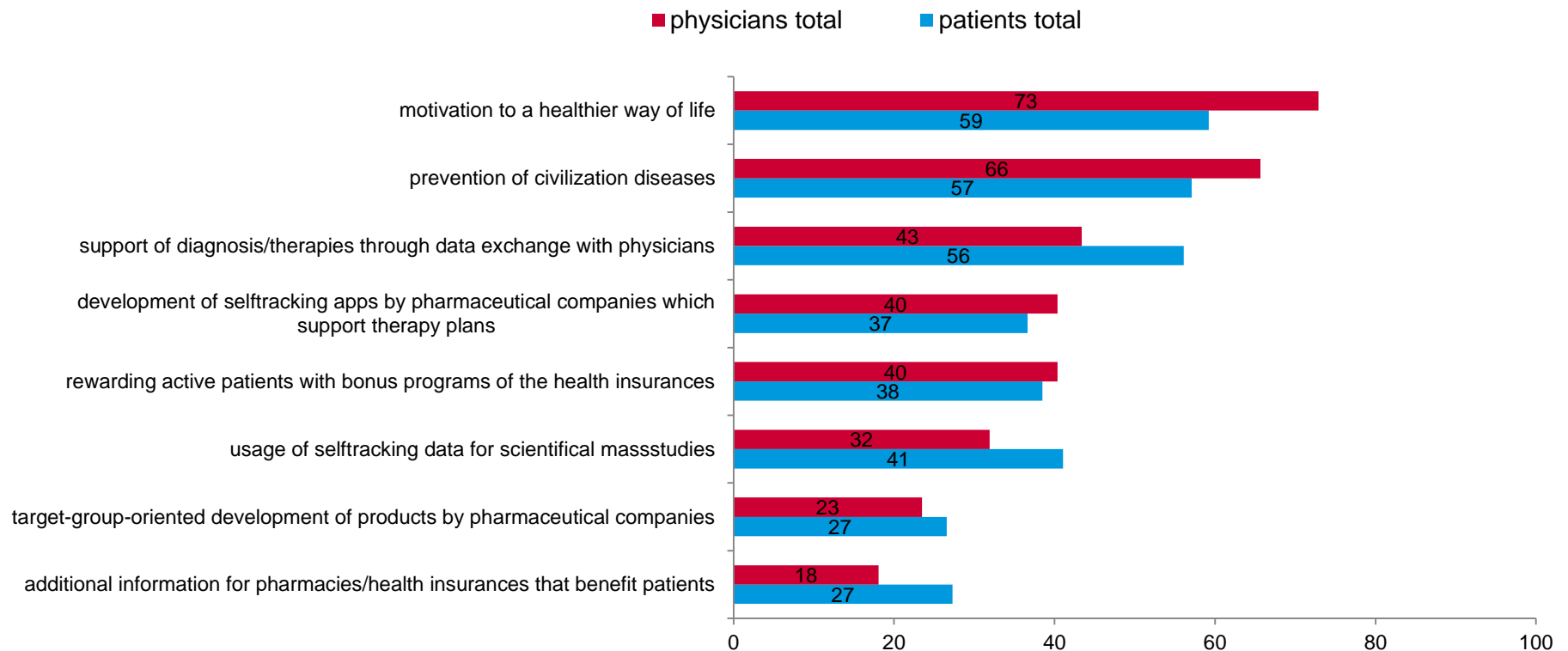
About 70% of the physicians and 90% of the heavy-users show (very) high interest on the use of self-tracking accompanied by therapy. Patients are interested on a similar level.





## Chances of self-tracking

The majority of physicians and patients see various chances for health promotion – especially for a more healthy way of life, the prevention of civilization diseases and the data exchange between physicians and patients.



**Q. 6A** There are various opinions about the chances and risks of self-tracking. Please think about the chances first. How far do you agree with the following statements.

Basis: physicians total: n=166 GPs; patients total: n=704 aged 14-69; Top2 values (totally/rather agree); figures in percent



## Additional chances of self-tracking

Motivation and better therapy monitoring are named as further chances by physicians total and heavy-users.



Q. 7A

Do you see any other chances or benefits of self-tracking?  
Basis: physicians total: n=166 GPs; physicians heavy-user: n=33; figures in percent



## Additional chances of self-tracking

Patients total and heavy-users both value the reinforcement of self-control and the improvement of self-perception.



# self-control

patients heavy-user



Q. 7A

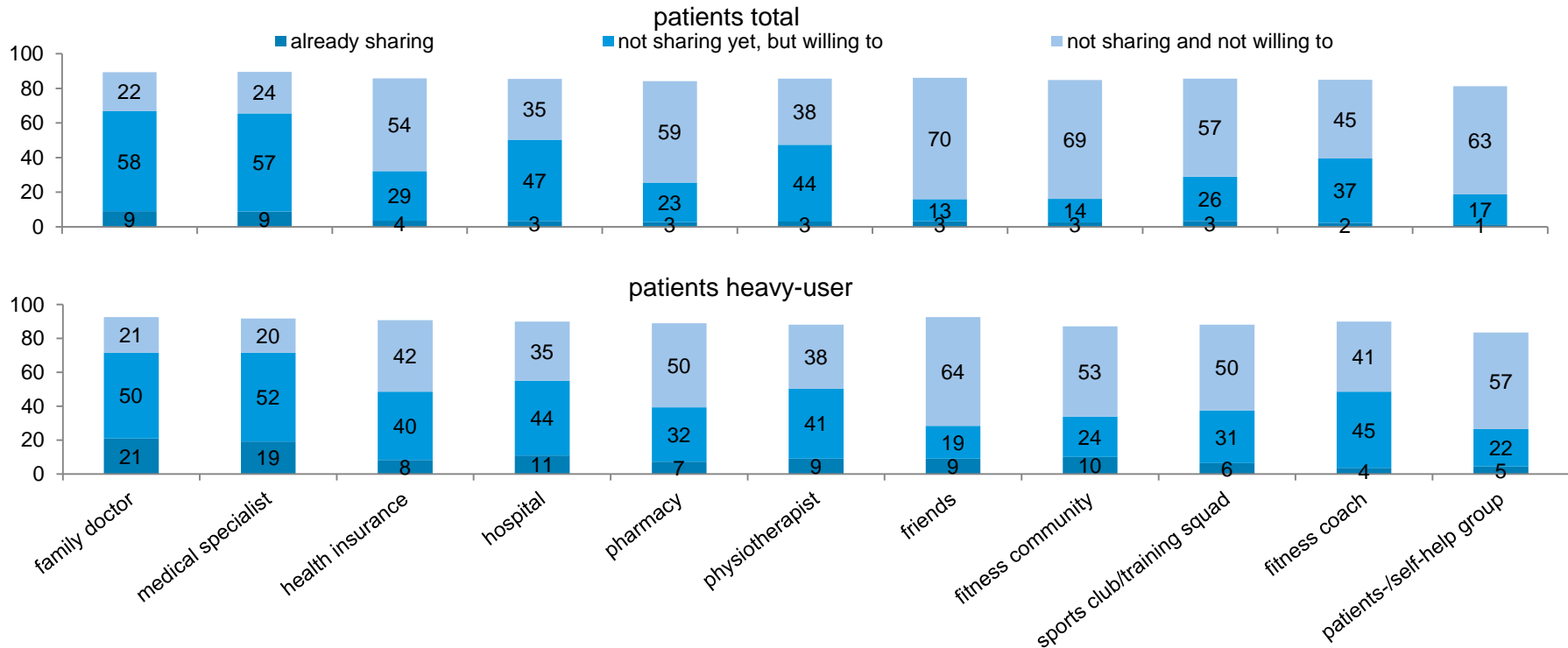
Do you see any other chances or benefits of self-tracking?

Basis: patients total: n=704 aged 14-69; patients heavy-user: n=109; figures in percent



## Willingness to share self-tracking data with different healthcare players

70% of the patients are willing to share their data with their family doctor or medical specialist, every fifth is doing it already. Every third patient is willing to share their data with the health insurance.





## Your contact at DocCheck Research

Are you interested in the whole study? Or do you have any further questions?  
Please feel free to contact us!



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