

**“Enhancing Interprofessional
Collaboration and Learning for
Strengthening Primary Health Care”**

July 21-23, 2021

Faculty of Medicine, Public Health and Nursing

Universitas Gadjah Mada

Yogyakarta, Indonesia

TUFH THE NETWORK:
2021 TOWARD UNITY
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TUFH 2021 ABSTRACTS

Title	INCREASING THE EXERCISE ROUTINE AMONG ELDERLY POPULATION WITH TYPE 2 DIABETES THROUGH A LOCALLY DESIGNED TELE-EXERCISE PROGRAM
Type	Oral Presentation <i>Community-Based Education for Health and Social Care Students</i>
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Abstract N ^o	TUFH579
Content	<p>Background: Niigata is a rural prefecture in Japan with a high aging rate of over 30%, threatened by lifestyle diseases including type 2 diabetes (T2D). Its vast territory and heavy snow often prevent residents from accessing medical resources easily. Typical in-hospital kinesitherapy does not encourage T2D patients to exercise enough at home. ICT offers innovative solutions to promote remote, preventive exercise interventions for older adults with T2D. Testing this approach offers medical students with an opportunity to tackle community health issues usually overlooked in a hospital-centered medical education program. Methods: To design the community-based intervention, we first plan to survey both T2D patients' and care-givers' experiences to understand why they cannot exercise regularly and what age-friendly ICT products would look like. Then, we will ask local partner clinics for clinical data to identify characteristics of patients whose exercise habit has failed. Next, we will develop a tele-exercise program cooperatively with “BSN INET,” a local ICT firm. We will assess the program's effectiveness over time by evaluating changes in HbA1c, physical strength, and exercise sustainability. Results: We hope to obtain better control of T2D through routine tele-exercise, and involve care service providers to identify other opportunities for expanding practical tertiary prevention of T2D in low-resource environments. Conclusion: Encouraging medical students to be actively involved in designing innovative approaches for community healthcare concerns will enhance their leadership capabilities and their role in the community as an effective link between local demands and innovative solutions.</p>