Cardiac patients benefit from cardiac rehabilitation and exercise plays a central role in cardiac rehabilitation by reducing risk factors and providing positive outcomes. Despite these benefits, only half of cardiac patients participate in regular exercise up to 18 months after a cardiac event. By using telerehabilitation technologies, Teledi@log intends to increase both attendance to cardiac rehabilitation and long-term adherence to recommendations. As walking has the potential to play an important role in secondary prevention of cardiovascular disease, the step counter Fitbit Zip has been implemented as a self-monitoring technology in Teledi@log.

As a sub study to Teledi@log, Charlotte Brun Thorup has investigate the accuracy of the step counter Fitbit Zip (Study 1), and explored cardiac patients’ walking activity after a cardiac event (Study 2). A third study explored step counter use and self-determined motivation for walking during a cardiac telerehabilitation programme based on the patients’ and health professionals’ experiences (Study 3).

The research concluded that the accuracy of Fitbit Zip depends on the walking speed and that 24-hour measurements showed a high inaccuracy in step readings. Furthermore, the Fitbit Zip supported autonomy as it created independence from standardised rehabilitation, and cardiac patients increased their walking activity over time.
To fulfill the requirements for the PhD degree, Charlotte Brun Thorup has submitted the thesis: Step Counter Use and Self-Determined Motivation for Walking in a Cardiac Telerehabilitation Program – A Mixed Method Study, to the Faculty Council of Medicine at Aalborg University.

The Faculty Council has appointed the following adjudication committee to evaluate the thesis and the associated lecture:

**Associate Professor Jane Clemmensen**
Center of Clinical Nursing Research
University of Southern Denmark
Denmark

**Associate Professor Anthony Smith**
Centre for Online Health
University of Queensland
Australia

**Chairman:**
**Associate Professor Carsten Dahl Mørch**
Department of Health Science and Technology
Aalborg University
Denmark

**Moderator:**
**Professor Jan Jesper Andreasen**
Department of Cardiothoracic Surgery
Aalborg University Hospital &
Department of Clinical Medicine
Aalborg University
Denmark

The PhD lecture is public and will take place on:

**Friday 27 May 2016 at 13:00**
The Auditorium at Medicinerhuset, Aalborg University Hospital
Mølleparkvej 4, 9000 Aalborg

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**Program for PhD lecture on Friday 27 May 2016**

by

Charlotte Brun Thorup

Step Counter Use and Self-Determined Motivation for Walking in a Cardiac Telerehabilitation Program – A Mixed Method Study

Chairman: Associate Professor Carsten Dahl Mørch
Moderator: Professor Jan Jesper Andreasen

13.00 Opening by the Moderator
13.05 PhD lecture by Charlotte Brun Thorup
13.50 Break
14.00 Questions and comments from the Committee
Questions and comments from the audience at the Moderator’s discretion
16.00 Conclusion of the session by the Moderator

After the session a reception will be arranged