Decreased need of health care contacts among men using an app for pelvic floor muscle training after radical prostatectomy.

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Background

Urinary incontinence is common after radical prostatectomy. An app can support PFMT.

Aims to analyse

- changes in the need of healthcare visits
- savings for the healthcare system
- reductions of carbon dioxide emissions

Study design

A cohort study among Swedish men who had radical prostatectomy and used an app for PFMT.

Questionnaire

Change in need of visits after 3 month, means of travel and travel distance.

The app Tät®III

- information
- PFMT program
- training log
- reminders

Results

	Study population (n=217)
Saved visits (n)	131
Saved costs (EUR)	49 787 – 73 517
Saved car travel (km)	4288
Saved CO2 (tons)	0.8

Conclusion

Men who have had radical prostatectomy and use an app for PFMT report a decreased need of visits to the healthcare.

App use could save in on costs for the healthcare and carbon dioxide emissions from patient commute.