

Mobile application development with dual users to meet stroke and pelvic floor dysfunction

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💡 Why This Study Matters

After stroke, bladder and bowel problems are common. Many health apps exist, but lack userspecific design.

🎯 Study Aim

To explore what **patients & physiotherapists** need, expect, and value in a mobile app that supports:

Pelvic floor symptom assessment

Treatment and monitoring after stroke

🔬 How Was It Done?

- 👥 15 Physiotherapists
10 Stroke patients
- 💡 Iteratively developed mockup
- 🗣️ 5 focus groups
- 📄 Qualitative content analysis

✅ TakeHome Message

Success = codesign with patients and physiotherapists

- 🔑 Ensures a practical, sensitive app, that supports long-term engagement

Strongest Message

There is a need for a tailored **dual-user app** that supports:

👤 Patients

Training guidance

Progress monitoring

Patient Education

🧑‍⚕️ Physiotherapists

Assessment support

Tracking outcome

Identify pelvic floor intervention needs

This was based on five main themes:

- 📱 **Experiences:** (dis)likes about existing apps
- ⚠️ **Barriers & challenges:** Sensitive handling Physical, cognitive, and practical limitations
- 🔧 **Ideas & feedback on app features:** Reminders, visualisation, structured exercise programmes
- 🌟 **Expectations & benefits:** Personalised support
- 🚀 **Potential:** Additional use beyond rehabilitation