



U.S. Department of Veterans Affairs

Atlanta VA Health Care System

Exercise Therapy for PAD Research Study

Enhanced Home-Based Exercise Therapy for Peripheral Arterial Disease through
Mobile Health and Remote Monitoring: The Smart MOVE Study

(Arash Harzand, MD, Principal Investigator)

Do you have a patient with symptomatic PAD?

The purpose of this study is to determine whether a mobile health enhanced home-based exercise program is a feasible alternative for Veterans with peripheral artery disease (PAD). Exercise therapy for PAD is traditionally provided at hospital-based rehab facility which makes it difficult for most Veterans to participate due to inconvenience, cost, and difficulty with travel.

Inclusion criteria:

- Age > 18
- Stable intermittent claudication (leg cramping, pain or fatigue with walking)
- Diagnosis of PAD (any of the following):
 - Arterial brachial index (ABI) \leq 0.9
 - ABI > 0.9 but \leq 1.00 at rest with 20% drop in ABI with exercise or heel-rise test
 - ABI > 0.9 with other evidence of PAD such as a positive anatomic study (CT, MRI or ultrasound), or prior lower extremity revascularization (surgical or endovascular)
 - ABI > 1.3 with abnormal pulse volume recording, toe-brachial index, or Doppler studies.

Does my patient have to own a fitness tracker?

No, we will provide each patient with a wearable fitness tracker such as a Fitbit, Garmin or equivalent.

Does my patient have to own a smartphone or tablet?

No, we can sync and collect their data during study visits.

What is expected if my patient participates?

Patients will be asked to return for an outpatient visit for baseline functional testing after which they will be enrolled in a 3-month, home-based exercise program that involves daily walking. They will also receive education and counseling on healthy behaviors through the VA MOVE! program. They will be asked to return for a follow-up visit at the end of the program.

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