A Demonstration of the PATHway System for Technology-enabled Exercise-based Cardiac Rehabilitation

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ABSTRACT
We described an invited demonstration to MMHealth’16 of a platform for technology-enabled exercise-based Cardiac Rehabilitation (CR). The demo focuses on one technical aspect of a much broader lifestyle intervention program i.e. real-time estimation of a user’s adherence to an exercise programme.

1. OVERVIEW
The PATHway project¹ is developing a technology platform to help empower patients to more effectively self-manage Cardio-Vascular Disease (CVD). The platform enables socially-connected personalised exercise sessions as part of a broader lifestyle intervention program. The modular platform, see figure 1, delivers the exercise programme through an ExerClass with a virtual avatar. The invited demonstration at MMHealth’16 will show how users interact with the system including navigation, manual data entry, real-time movement sensing, analysis of exercise movements and automatic adaptation of exercise based on a user’s physiological response. We particularly emphasise the operation of the following modules:

• Motion Capture: a Microsoft Kinect coupled with optional wearable inertial measurement units can be used to capture human motion;
• Exercise Evaluation: the captured motion is compared to gold-standard pre-capture data for the various exercises to be performed;
• Physiological Data: the Microsoft Band is used to capture physiological data, specifically user heart-rate in this demonstration, which is used to adapt the nature of the exercise being performed;
• User Interface: an attractive user friendly and understandable virtual environment is the basis of the system’s GUI.

Figure 1: The PATHway demonstrator

2. CONCLUSION
The platform will be demonstrated at the MMHealth’16 workshop whereby participants will have the opportunity to try the system for themselves.

Acknowledgments
This publication has emanated from research conducted with the financial support of Science Foundation Ireland (SFI) under grant number SFI/12/RC/2289. This project has received funding from the European Union’s Horizon 2020 Framework Programme for Research and Innovation Action under Grant Agreement no. 643491.

¹See: http://www.pathway2health.eu/