



Exercise Expert System Software (VA Reference No. 99-004)

Unique software for healthcare practitioners to provide exercise counseling as a preventive health strategy for seniors

Technology

Customized software system for developing exercise routines in seniors

Inventor

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Key Features

- Easy to use, customized software system
- Reliable and validated by a panel of experts
- Results in greater adherence to exercise programs

Stage of Development

Reduced to practice with prototype system developed

Keywords

- Rehab/Assistive Device
- Exercise system
 - Senior population
 - Exercise assessment
 - Software system
 - Physical activity

Patent Status

None

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Technology

The Department of Veterans Affairs has developed customized and easy to use software for healthcare practitioners to prescribe exercises to seniors based on American College of Sports Medicine guidelines. The Exercise Expert System (EES) is a new approach that facilitates the use of exercise counseling as a preventive health strategy in providing healthcare to senior citizens.

Description

The EES developed by the VA includes a standardized exercise assessment protocol with generated reports produced by the software system. The system provides a health professional with a mechanism for evaluating the client's medical history, exercise history, clinical factors (contraindications to specific types of exercise), psychosocial factors, and preferences that influence the client's exercise behavior, in about 30 minutes. The EES has shown reliability and was validated by the consensus of a national and international team of experts in geriatric medicine, exercise physiology, and exercise psychology.

Competitive Advantage

Health care providers have a unique opportunity to influence patient's lifestyle choices during the patient's routine medical visits. The EES provides a mechanism in developing appropriate exercise programs for the senior population.

This invention:

- Addresses the problem of physical inactivity and related illnesses among seniors by helping physicians and other healthcare professionals design customized exercise prescriptions.
- Results in exercise programs that are more likely to lead to initiation and adherence by the patient.

Status

The Department of Veterans Affairs is looking for a partner for further development and commercialization of this technology through a license, and the VA inventors are available to collaborate with interested companies through a Cooperative Research and Development Agreement (CRADA).