



Usability Study of an Educational Website Designed To Improve Angina Symptom Recognition in Women with History of a Heart Attack REHEARSe

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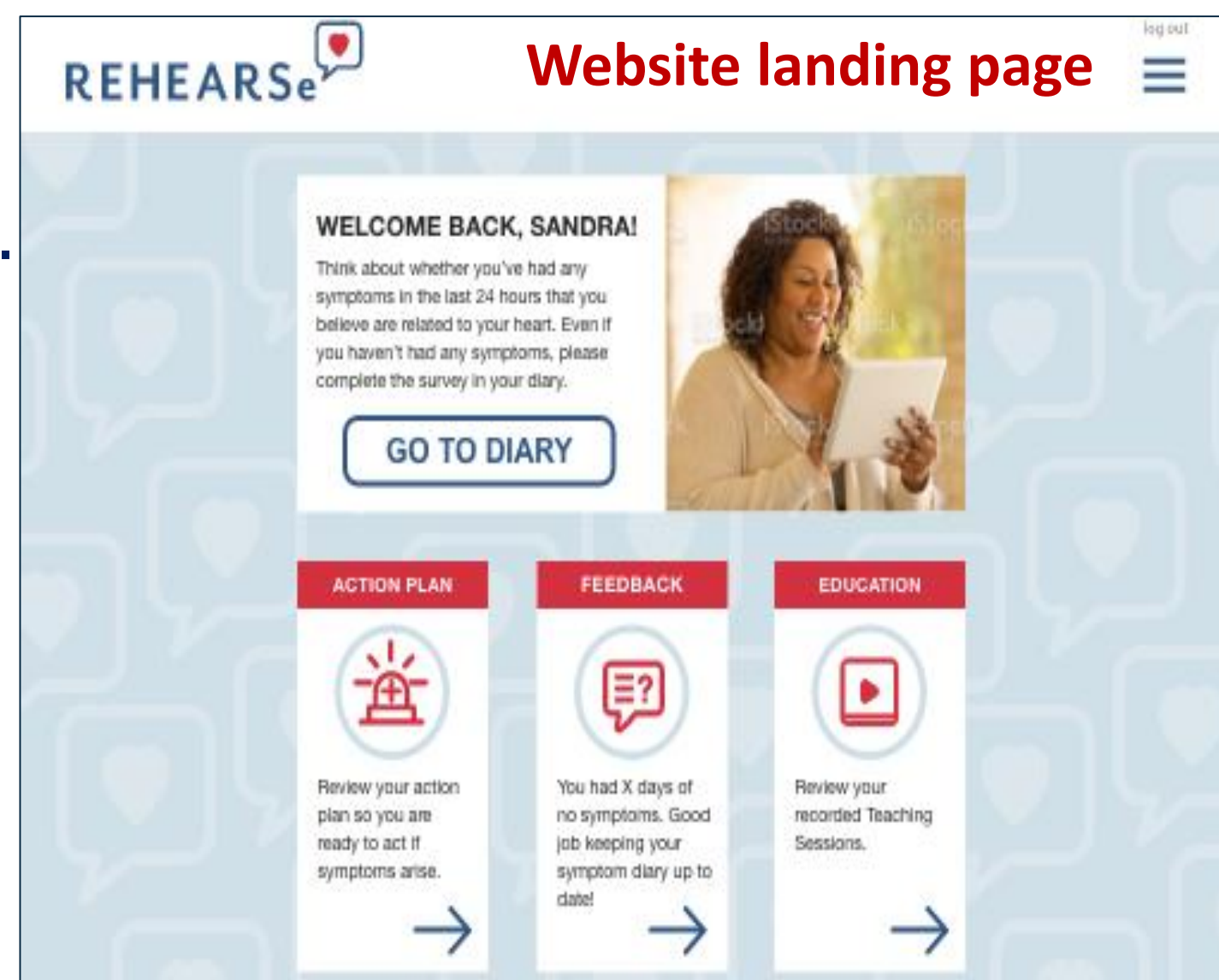
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Introduction

To develop the most effective responsive website, we applied user experience tools to optimize the design, functionality, and aesthetics of the final product.

Method

- Determined initial structure of website:** Personas, user stories, feature association, and a priority-feasibility matrix were used.
- Created a mockup of the website**
- Conducted 3 online focus groups** with women with a history of heart attack.
- Presented and assessed preferences:**
 - Device they would use
 - Website settings
 - Icons
 - Language
 - Timing of reminders for diary activities
 - Understanding of the action plan
 - Visual displays of symptom feedback



Results & Conclusions

Eleven women (18% black; mean age 62.1) with varied digital literacy (36.4% never used ZOOM) from suburban (63.6%) or rural (36.4%) settings were included.

Women in the focus groups provided feedback about the website settings, icon, and language; initial symptom diary format; language in the action plan, and final visual display of symptom feedback data, respectively.

Our team made modifications to the content and design features iteratively based on preferences and scientific/theoretical rationale.

By delivering education online in an acceptable format, we can reach women from settings in North Carolina who otherwise may not have completed a structured educational program after their heart attack. By completing the daily self-care activities, symptom recognition and symptom management may improve.

Daily self-care activities (symptom diary)

YOUR DIARY

SYMPTOMS ACTIONS TAKEN

June 14, 2021
11:20 AM

Did you have any of the any of the following symptoms during the last 24 hours that you think are heart related?
Select YES for each symptom you had. Choose all that apply.

Chest pressure	YES	NO
Chest discomfort	YES	NO
Chest pain	YES	NO
Shoulder pain	YES	NO
Arm pain	YES	NO
Upper back pain	YES	NO
Lightheaded	YES	NO
Short of breath	YES	NO
Unusual fatigue	YES	NO
Nausea	YES	NO
Palpitations	YES	NO
Indigestion	YES	NO
Other	YES	NO

NEXT

Sample Action Plan

ACTION PLAN

RECOGNIZE a change
Change in bodily symptoms Believed to be heart-related

STOP what you're doing
Sit down Rest for 5 minutes

TELL others about symptoms
Tell someone close by

TAKE up to 3 nitroglycerin
If symptoms continue Take up to 3, 5 minutes apart

IF SYMPTOMS CONTINUE CALL 9-1-1

If symptoms resolve (after rest or nitroglycerin):

- Record in diary
- Note whether a pattern is developing
- If a change in pattern is happening, call your health care provider and make an appointment as soon as possible

Sample Feedback

