

INNOVATIONS IN BLOOD PRESSURE MONITORING: PHYSICAL THERAPISTS' ACCEPTANCE OF SMARTWATCH FOR PATIENT SELF-MONITORING

Lumagui, John P.
University of Perpetual
Help - Dr. Jose G.
Tamayo Medical
University
PHILLIPINES

**Rodriguez, Nathan
Gabriel P.**
University of Perpetual
Help - Dr. Jose G.
Tamayo Medical
University
PHILLIPINES

**Villariño, Cassandra
Denise L.**
University of Perpetual
Help - Dr. Jose G.
Tamayo Medical
University
PHILLIPINES

**Escueta, James
Vincent S.**
University of Perpetual
Help - Dr. Jose G.
Tamayo Medical
University
PHILLIPINES

ABSTRACT

Blood pressure (BP) monitoring is a vital component of cardiovascular health assessment, yet its routine use is often hindered by accessibility issues and reliance on traditional instruments typically used by medical professionals. This study aimed to assess the acceptance of BP-monitoring smartwatches (wearable devices) among licensed Physical Therapists in Laguna, Philippines.

A quantitative descriptive research design was utilized, with data collected through an online survey administered after participants viewed a standardized video comparing a BP smartwatch with an aneroid sphygmomanometer. The survey measured behavioral intention, perceived ease of use, and overall acceptance using a validated Likert scale-based questionnaire.

Findings revealed that respondents demonstrated a moderately acceptable behavioral intention to use and recommend smartwatches for BP monitoring (mean = 3.63), perceived them as easy to use (mean = 3.88), and moderately accepted their integration into clinical practice (mean = 3.62). These results indicate a favorable outlook among Physical Therapists toward incorporating wearable BP-monitoring devices into patient care, particularly in telehealth and outpatient settings, to support proactive health management and advance digital health innovation.

Keywords: Blood pressure (BP) monitoring, smartwatches (wearable devices), overall acceptance, Physical Therapists, telehealth and outpatient settings