

# Activity data made it possible to relieve Alison's pains

Pain was clearly visible on the  
activity chart



## Situation

Alison, who lived in a care home, had lung cancer. It was her wish that her terminal care should take place in the care home where she lived. As her disease progressed, she was no longer able to tell when she was in pain.

## Solution

Alison wore a Vivago CARE watch which collects wellbeing data and automatically triggers alarms in case of anomalies.

## Summary

Thanks to wellbeing data, the nurses were able to monitor Alison's condition when she was no longer able to express herself. An automatic report enabled the nurses to respond quickly and make Alison feel more comfortable.

**Vivago**



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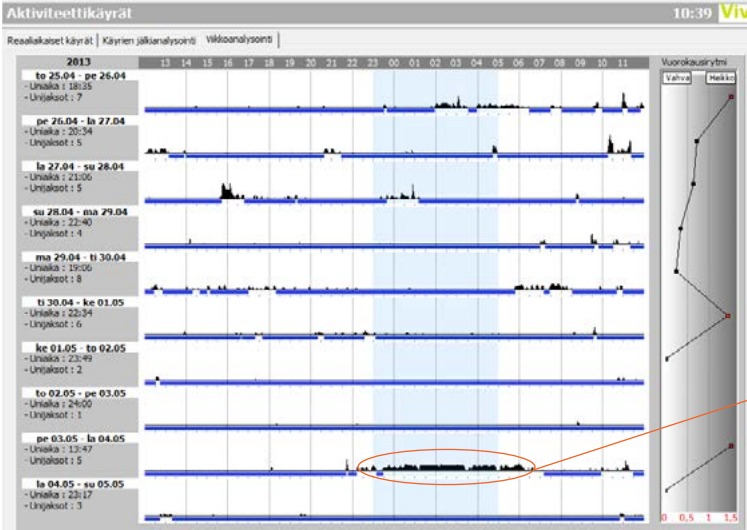


## Case Alison

Alison had been living in the care home for a long time. She had been diagnosed with lung cancer. It was her wish that her terminal care should take place in the care home where she lived. At the beginning of terminal care Alison was still capable of making decisions about her care and she wanted that the pneumonia she been diagnosed with should be left untreated. She just wanted her pains to be relieved. After a discussion it was agreed that she would receive symptomatic treatment to the best possible extent. Alison was given a pain pump for the administration of a pain reliever and tranquilizer. For some time, Alison was able to express her pain and discomfort but as her condition deteriorated, she lost the ability to communicate. Most of the time, she slept, or at least appeared to sleep, peacefully.

One night, the nurses received an alert indicating exceptionally high activity. The pain pump had not reported anything out of the ordinary. During the rounds, Alison had seemed to sleep placidly. The nurses tried to figure out why the activity level was high and decided to replace the tubes of the pain pump. They then noticed that a cannula under Alison's skin was bent and Alison had not received her pain reliever as planned. Due to her deteriorated condition, Alison herself was unable to express her pain. The problem was fixed at 7:30am, after which the activity chart displayed normal levels.

## Alison's activity chart



- sleep
- watch not worn
- no activity data

High black bars: good daytime activity – a lot of activity interspersed with moments of rest

Low black bars: poor daytime activity – low level of activity and a lot of rest

**Situation**  
Pain is visible as exceptional activity on the activity chart



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