



# Ann was saved by automatic alarm

Loss of consciousness due to low blood sugar

## Situation

Ann lives in sheltered housing. She is 77 years old and suffers from diabetes which is treated with insulin. During the night, her blood sugar levels dropped and she lost consciousness in her sleep.

## Solution

Ann's Vivago CARE watch collects wellbeing data and automatically alerts when changes occur in the client's condition. Ann's prolonged immobility triggered an alarm which was automatically transmitted to the nurse's mobile phone. The nurse, once she checked on Ann, called an ambulance.

## Summary

Changes in Ann's wellbeing trigger an automatic alarm so that the nurses are able to respond more quickly and, when necessary, call assistance. The progress of Ann's wellbeing can be monitored on the basis of wellbeing data.



**Vivago**

“It was an automatic alarm. I don’t know what could have happened without this. I think everybody should wear one,” says Ann.



**Case Ann**

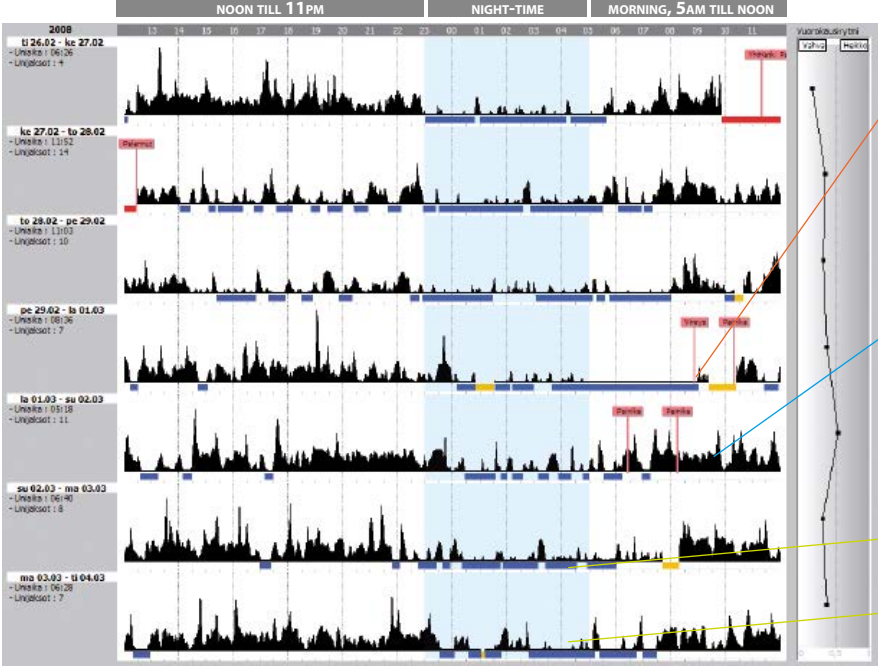
Ann is 77 years old and lives in her own apartment in a sheltered housing unit. She does not require any help with her medication. Ann is a diabetic and her disease is treated with insulin.

On the day of the incident, Ann had had less than usual for meals, but she had injected the normal dose of insulin. During the night, Ann’s blood sugar levels had dropped and she had lost consciousness while asleep. As Ann’s immobility lasted longer than normal, the Vivago system triggered an automatic alarm and transmitted it to the nurse’s mobile phone. The nurse immediately went to check on Ann and measured her blood sugar level, which was less than 2 mmol/L. The nurse called an ambulance.

Ann was kept under observation at a health care centre for a short while and was released on the same day. The activity chart for the next night shows how the incident affected Ann’s sleep that night. Ann has clearly been apprehensive about going to sleep and, consequently, her sleep is restless.

**Ann’s activity chart**

sleep		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
watch not worn		
no activity data		



**Situation** Exceptional activity status alarm prolonged immobility  
**Cause** Unconsciousness caused by low blood sugar

**Situation** Next night, Ann’s sleep is restless (broken blue line)  
**Cause** Ann is apprehensive about going to sleep

**Situation** In the following nights, Ann’s sleep is back to normal



**Vivago Oy**  
Lars Sonckin kaari 14, 02600 Espoo, Finland  
Tel. +358 10 2190 610 | info@vivago.com | www.vivago.com