



Monitoring of functional capacity improved George's quality of life

Predictability of bipolar disorder

Situation

George is an 81-year-old man who lives at home and suffers from bipolar disorder. A regular rhythm of life, identification of predictive symptoms and timely intervention are important in this disease.

Solution

The different phases of George's disease can be clearly seen on the activity chart. Nurses can respond to mood changes with a variety of measures to prevent the patient's suicidal intentions and reckless behaviour. George's medication was adjusted in order to sustain his functional capacity.

Summary

The wellbeing data provided by Vivago enables better control of George's disease. The phases of the disease are visible on the activity chart and can be predicted.

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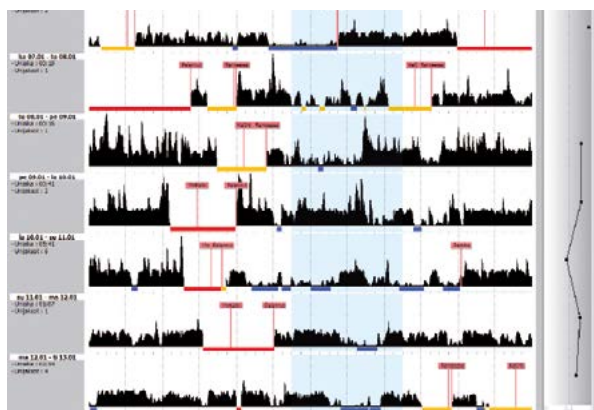
Case George

George is an 81-year-old man. He suffers from bipolar disorder. George takes his medication independently at home and is able to cope with the daily chores. A regular rhythm of life, identification of predictive symptoms and timely intervention are vitally important in bipolar disorder.

The phases of George's disease are clearly visible on the activity chart and the changes in his condition can be predicted. Nurses are able to respond to the changes with a variety of measures to prevent suicidal intentions and reckless behaviour. George's medication is reviewed and adjusted in order to sustain his functional capacity and George is encouraged to attend hobby groups. The data provided by Vivago enables better control of George's disease.

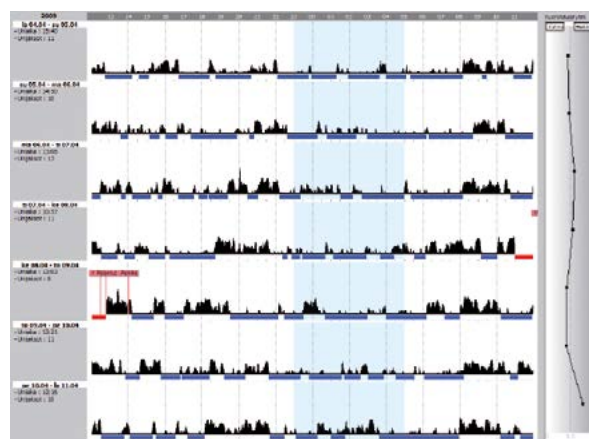
Manic phase

In the manic phase of the disease, George usually sleeps considerably less than normally. The Vivago system reports **a change in functional capacity: "Poor circadian rhythm"**. General restlessness and activity have increased considerably, which can be seen as high activity and increased absences from home (red line) on the activity chart. In the manic phase of the disease, George also removes the Vivago CARE watch from his wrist and seeks attention from the nurses.



Depressive phase

In the depressive phase, George sleeps more and his daytime activity decreases. The system responds to the change and the nurses receive a notification of **"Low daytime activity"** on their mobile phone.



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