

# Actigraphy supports mental health rehabilitation

The Harjavalta hospital has positive results from digital monitoring with mental health rehabilitation patients



The Harjavalta hospital sited near the city of Pori in Finland has a long history of mental health work. The treatment ideology of the hospital's rehabilitation psychiatry department is to make and implement an individual treatment plan for each patient.

## **A study in Harjavalta found that digital monitoring supports the treatment process of a committed mental health rehabilitator**

- In Harjavalta, Vivago's real-time wellbeing monitoring confirmed the effectiveness of mental health rehabilitation.
- Nursing staff got development ideas how to use the data produced by Vivago to support rehabilitation.
- Changes in sleep and circadian rhythm indicate the effectiveness and success of rehabilitation.

The hospital implemented a Sitra funded Healthcare Analytics pilot training, in which the Vivago solution provided good results utilizing technology in nursing. Vivago system was used for monitoring the effectiveness of medication and treatment, as well as detecting changes in wellbeing at home after a hospital period. The majority of patients in the ward have switched to longer rehabilitative care from the acute wards.

The main groups of patients treated in the ward are patients with schizophrenia and severe mood disorders. Vivago is an easy and motivating tool and a good fit for psychiatric patients. Vivago monitoring enables intervening problems before they worsen, and it possibly might prevent hospitalization altogether. Objective data can also relieve patient's mind.

# Vivago

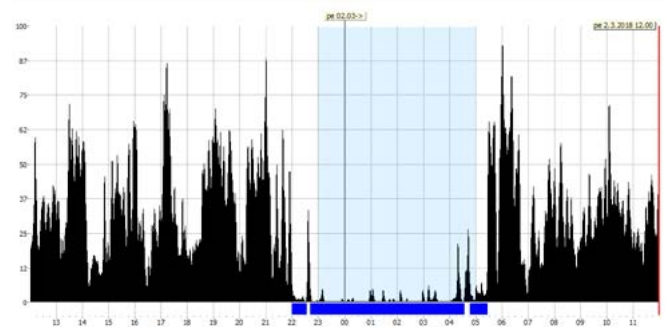


**Monitoring of sleep, pain, activity and the changes in medication allows the effectiveness of treatment to be verified.**

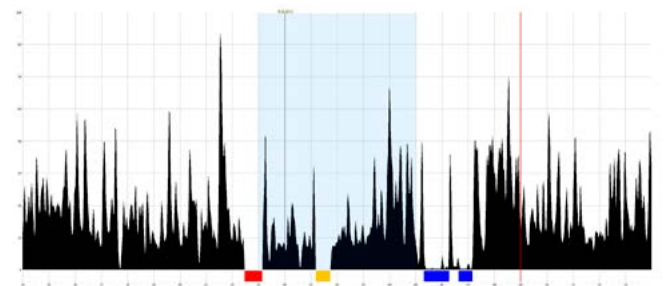
The Chief Medical Officer Ms Sanna Valtanen sees that the monitoring is sensible when a patient is capable to commit to it.

“A clear circadian rhythm is one of the important aspects considering rehabilitating a patient. The Vivago watch might give more accurate data of when a mania starts to fold, or depression or inability to function is starting to get better. The monitoring could also be used for monitoring the effectiveness of medication, but also of electric, magnetic stimulation, vibroacoustic etc. treatments, and it might help with the weight control of patients or at least increasing motivation to move.”

Regular, good circadian rhythm




Irregular, poor circadian rhythm



**Definition:**

- sleep
- watch off wrist
- no activity data

 high black bars – good daytime activity



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