

Enhanced care work and safety with real-time actigraphy

With need-based resourcing and increased efficiency of its own personnel, Laukaa was able to cut purchased services from private sector significantly

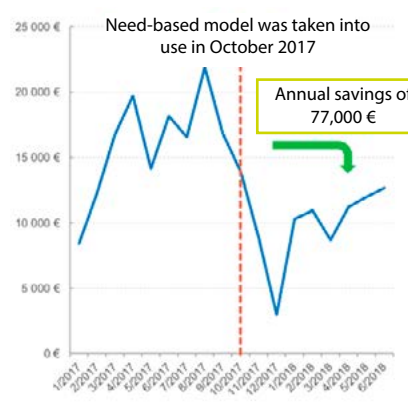
The Municipality of Laukaa was involved in a home care project carried out in 2016–2018. Project made it possible to develop home care in the municipalities of Central Finland to be more customer-oriented and cost-effective and with better effectiveness of care. One of the main goals of the project was to increase the time targeted for each patient.

The effectiveness of rehabilitation can be shown by using the Vivago solution

In municipality of Laukaa, Vivago was especially used to monitor night-time activity levels. Real-time actigraphy curves made it possible to dispense with night-time routine visits and to switch to need-based visits. The nurses quickly learned to schedule their visits according to the customers sleep. Customers slept better during the night, as the routine visits did not interfere with the night's sleep.

The benefits of Vivago system are clear in rehabilitation follow-up and in discharge. Vivago system provides unique information about discharged customers and this data would not otherwise be available. With the data you can see how customers sleep and how their activity has evolved when moving home. Nurses at Laukaa can monitor patients sleep and activity between care visits and define the day's exercises based on the customers current condition.

Purchased services in home care (€/month)



Need-based business model decreased the need for purchased services in Laukaa by 40% (approx. 77,000€ / year)

Number of personnel of Laukaa has not changed

Laukaa was able to separate nurses from its personnel to provide night care. This reduces the need for 24/7 services.

source: NHG analysis, translation by Vivago

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The commitment of the management to the development work was the key to success. Now nurses have more time for the patients and for care work.

As a result of this development, fewer places were needed for assisted living. Improvements in supporting services, such as night care, home rehabilitation, assessment and rehabilitation services, enabled an increasing number of customers to live safely at home. With need-based resourcing and increased efficiency of its own personnel, Laukaa was able to cut purchased services from private sector by 40%. This resulted in around 77,000€ annual savings.

The municipality's own night care goals were achieved so well that it became a permanent practice. From night care, the use of the Vivago system has gradually spread to Laukaa home care. Typical monitoring duration is from two weeks to a few months.

Nurse Henna Leinonen, who participated in the home care project, and Sira Salo, a physiotherapist who later came to Laukaa, explain the project's impact on care work as follows:

- *The morning rush of home care nurses has decreased.*
- *Nurses have more time for the patients and for care work.*
- *Currently, two persons are responsible for controlling the customers and they have a centralized evaluation for the need of care. The criteria for receiving the care have been updated and harmonized.*
- *Rehabilitation approaches have been developed and physical and occupational therapy have become a better part of the treatment process.*
- *Customers' need for services has decreased with good rehabilitation.*
- *Queues in assisted living have been reduced and places have been reduced.*
- *Home care practices and criteria for providing care are more uniform in all municipalities in Central Finland.*

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