Real-time wellbeing data gives more time for care work

Functional support immediately after the hospital period reduces the need for home care later

The Rauma discharge team specializes in demanding home discharge and care assessment cases after a ward period for the elderly. The team sees that Vivago has the potential to monitor the progress of rehabilitation customers also in the future.

Vivago in the discharge unit in the city of Rauma

Rauma has achieved good results in rehabilitating the elderly and ensuring that customers remain in good condition after the hospital period is a key goal. The discharge team understands that the wellbeing of the elderly customers is mainly determined by how regular and active life they have.

Wellbeing monitoring has led to re-evaluating the need for pain medication. It was found that the customer did not sleep well at night, which resulted in passiveness and daytime sleepiness. Tweaking pain medication resulted in more regular circadian rhythm, better sleep, and increased activity and ability to function.

Regular, good circadian rhythm
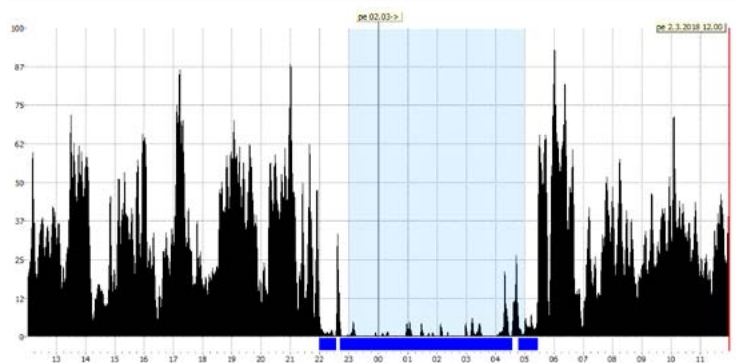
Vivago

Definition:

sleep	
watch off wrist	
no activity data	

high black bars – good daytime activity

The Rauma discharge team has succeeded in its work when a customer gains the ability to manage daily living independently again.

Vivago is mainly used to monitor sleep and circadian rhythm, and the measured data guides daily decision making. At the beginning of the morning shift nurses take a look at how customers have slept, and Vivago reports are reviewed with the customers too, often daily. According to the team, this has an activating effect as it motivates customers to move and act on their own initiative.

Encouraging feedback from a nurse can be a boost in the right direction and inspire customers to take care of their own wellbeing even better than before. For customers with mental health problems Vivago can be of significant benefit, as problems often appear as poor sleep or low activity levels. The evaluation and rehabilitation period aims to find solutions to these issues. Going through sleep and activity data with customers can improve their motivation, so sharing information with the customers and their families will definitely continue to be favoured.

Vivago administrator in Rauma, nurse Essi Mattila, says that during the Vivago deployment phase staff learned how to interpret wellbeing information by first using Vivago watches themselves.

> During the test, the nurses saw on their own curves how the night's sleep had gone and what the daily balance of activity and recovery was. The unit's continuous development and inspiring culture of working together also ensured that the introduction of new technology was smooth. Since the introduction of Vivago, two new nurses have been hired to the discharge team, and they have easily adopted Vivago along with other unit practices. All in all, Essi Mattila describes Vivago as a well-established tool that is in constant use.

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Vivago

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