



Essex Partnership University
NHS Foundation Trust

STORIES FROM THE WARD

SIERRA

ACUTE

Breaking the cycle of behaviour

as told by Ann Teema

oxehealth

Sierra¹ is a young adult in her 20s and was admitted onto the acute ward on 28th May² following a period of self-harm incidents and paranoia. Sierra is at high risk of self-harm and is regularly cared for on 1-to-1 observations.

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Sierra **self-harms as a form of communication**. She knows that when she self-harms, we will intervene before she comes to harm.

We often nurse Sierra on 1-to-1 observations following a self-harm incident, but **these interventions can sometimes reinforce her behaviour. It can be disempowering for her** because she relies on us instead of developing her own coping skills that we teach her.

Ann and her team use Oxevision to help care for Sierra. It informs the team when Sierra is in her bedroom and therefore may require additional checks and enables them to take spot check vital signs measurements remotely, without disturbing her.

*We used Oxevision to help reduce Sierra's level of observations, so although we are not present in her room, **we are able to frequently check she's safe**. We only **intervene when she needs us**.*

*It has given us the opportunity to change Sierra's treatment plan and **empower her**. She engages with herself and is practicing the coping skills she needs to **move forwards in her recovery**. Using Oxevision has helped to **break the cycle of behaviour** that can lead to Sierra self-harming.*

Ann Teemal, Ward Manager, female acute ward



¹ A pseudonym has been used to maintain patient anonymity

² The dates have been changed to maintain patient anonymity

ABOUT OXEHEALTH

Oxehealth's Oxevision supports Mental Health organisations to improve inpatient safety and quality whilst giving clinicians more time to care.

Oxevision uses an optical sensor to pay attention to patients in bedrooms when staff can't be there. The Vital Signs module enables staff to take contact-free vital sign spot checks without entering the room. The system provides real time alerts to high-risk activity and displays activity and behaviour reports.

Oxehealth has won the HSJ Patient Safety Award for "Best HealthTech Solution" and Regional Parliamentary "The Future NHS" Award. Oxevision has been highlighted as an example of outstanding practice by the CQC¹.

FOOTNOTES

The Oxehealth Vitals Signs device is a certified medical device in Europe. It is intended for non-invasive spot measurements of pulse rate and respiratory rate. It is a fixed-installed device for use within single occupancy rooms within hospitals, general care, domestic and secured environments where a framework exists which mandates period checks by a trained professional to ensure subject safety. See Instructions for Use for intended use, contraindications, warnings, cautions, usage directions and maintenance.

The activity detection, fall risk, activity tracker and sleep products are activity trackers and do not have a medical purpose or functionality. They are not patient monitors or vital signs monitors. They cannot be used to make a medical or clinical decision.

¹ See <https://oxe.health/cqc-cwpt>

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