

STORIES FROM THE WARD

ANDREA

ACUTE

The impact of sleep on patient wellbeing

As told by Joseph Deally

oxehealth

Andrea¹ is in her early 30s and was admitted to the acute ward at Essex Partnership University NHS Foundation Trust (EPUT) in early November².

Andrea is at risk of self-harm and regularly attends emotional management groups as part of her care plan. Joseph regularly checks on Andrea at night to make sure she is safe.

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We noticed that Andrea would have a short fuse, particularly when in the communal areas, because it was usually noisy. She would **become agitated** and start shouting at other patients and staff. We suspected that our night time checks were **disturbing her sleep**, and this **was affecting her mood** the next day and the ability to manage her emotions.

Joseph Deally, Healthcare Assistant

After Andrea's room was equipped with Oxevision, Joseph and his team began monitoring Andrea's pulse and breathing rate using the system remotely.

This way, they were able to check she was safe and well without entering her room and disrupting her sleep.

When we started using Oxevision to check Andrea at night, she reported sleeping better and was visibly less agitated during the day. There were other interventions in place as well, such as attending emotional management groups, but **having a healthy sleep regime does do a lot of people wonders.**

I've **come to realise how important sleep is**, especially in patients whose sleep has been a precursor for their deterioration in their mental state.

Joseph Deally, Healthcare Assistant



¹A pseudonym has been used to maintain patient anonymity

²The date has 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 highrisk 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.

¹See <https://oxe.health/cqc-cwpt>

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