

STORIES FROM THE WARD

TARA

ACUTE

Building better coping strategies

As told by Mark Weetman

oxehealth

Tara¹ is a woman in her mid-30s and was admitted onto the acute ward at Essex Partnership University NHS Foundation Trust (EPUT) on 7th July² following multiple self-harm attempts. She was at risk of ligaturing and found it difficult to communicate with staff about feelings of harming herself.



Previously, we discovered **Tara had tied a ligature** in her bedroom. We pressed the nurse call button and **7 or 8 people responded to the alarm** from all over the hospital. Tara was unharmed but would be ligating to get the attention of staff.

Having several staff attend to Tara after an attempted ligature was **reinforcing a negative behaviour** that when she wants engagement from staff, she can hurt herself to get it.

Mark Weetman, Ward Manager

Mark cared for Tara in a room equipped with Oxevision which enabled Mark and his team to perform extra safety checks on her by taking pulse and breathing rate measurements, without entering her room and invading her space.

We have been using the system to do extra checks on Tara in between her regular observations. It's enabled us to pick up on her self-harm behaviour earlier, and therefore, **intervene more quickly with fewer staff**. For example, just two members of staff can deescalate a situation and give her one to one time.

It's been beneficial for Tara because we now provide better and **more measured engagement** which has reduced her dependency on our attention. She's **attempting to self-harm much less now**.

Mark Weetman, Ward Manager



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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