



Oxford Health
NHS Foundation Trust

STORIES FROM THE WARD

LINA

ACUTE

Sleeping easy

As told by Andrew Wood

oxehealth

Lina¹ is an adult in her 30s with a diagnosis of depression and a secondary diagnosis of anxiety.

She was admitted to a psychiatric acute female ward on 4th December² following exacerbation of symptoms of depression and an extended period of low mood in the community.



Lina was **extremely low in mood** and had recently made **a serious attempt to take her own life** just before being admitted into the ward.

Lina was initially nursed on in person observations, but was disturbed by the **constant presence** of, in her words, **a stranger**. Even the act of intermittently checking Lina by opening the door hatch was causing her to sleep poorly.

It was taking Lina's presentations some time to improve and we thought her **poor sleep may be affecting her recovery**.

Andrew Wood, Nurse, Acute Ward

Andrew felt that Lina would benefit from being placed in a bedroom equipped with Oxevision. Andrew and his team use a modified protocol at night to conduct their nursing observations. They can use Oxevision to make sure Lina is safe at night without disturbing her while she sleeps.

We took Lina off one-to-one observations and were able to give her uninterrupted sleep whilst remotely checking her pulse and respiratory rates every 15 minutes to manage her safety risk.

Lina felt a **greater sense of privacy** and that she was **better able to sleep** at night. We saw a positive change in Lina too; **her mood began to improve**, and we saw **increased interactions** during the day.

The nursing team were able to have a more positive relationship because Lina felt **more revitalised** during the day.



Andrew Wood, Nurse, Acute Ward

¹Pseudonym has been used to maintain patient anonymity

²The date has been changed to maintain patient anonymity

ABOUT OXEHEALTH

Oxehealth supports clinicians to improve patient experience in inpatient services by helping them to deliver safer, higher quality, and more efficient care.

Our contact-free vision-based patient monitoring platform, Oxevision, uses an optical sensor (an infrared camera housed in a secure unit on the wall). With Oxevision's Vital Signs module, staff can confirm a patient is safe through a short, 15 second, visual check where they can take remote spot-check measurements of a patient's vital signs entirely contact-free. Oxevision can also notify staff of activity that may indicate a patient needs help or assistance.

Oxehealth has won several HSJ Partner Awards and 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

Oxehealth Vitals Signs module is cleared as a class IIa medical device in Europe and a class II medical device in the USA. It is intended for non-invasive spot measurements of pulse rate and estimated breathing rate (chest wall movements). It is a fixed-installed device for use within single occupancy rooms within hospitals, general care, and secured environments where a framework exists which mandates period checks by a trained professional to ensure subject safety. Federal law (U.S.) restricts this device to sale by or on the order of a licensed healthcare practitioner. See Instructions for Use for intended use, contraindications, warnings, cautions, usage directions and maintenance.

All other features within Oxevision, including the activity detection, fall risk, activity tracker and sleep products only track activity 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>