

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.

“

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 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>