

# Care3® CASE:

## END OF LIFE & PALLIATIVE CARE



*Outcomes: Activity and vital signs data made it possible to identify and relieve pain and discomfort. Pain indicators are clearly visible on the activity chart.*

### THE SITUATION

Alison lives in a care home with lung cancer. She was often in a lot of pain and discomfort. As her disease progressed, her pain discomfort increased while at the same time she was no longer able to tell when she was in pain.

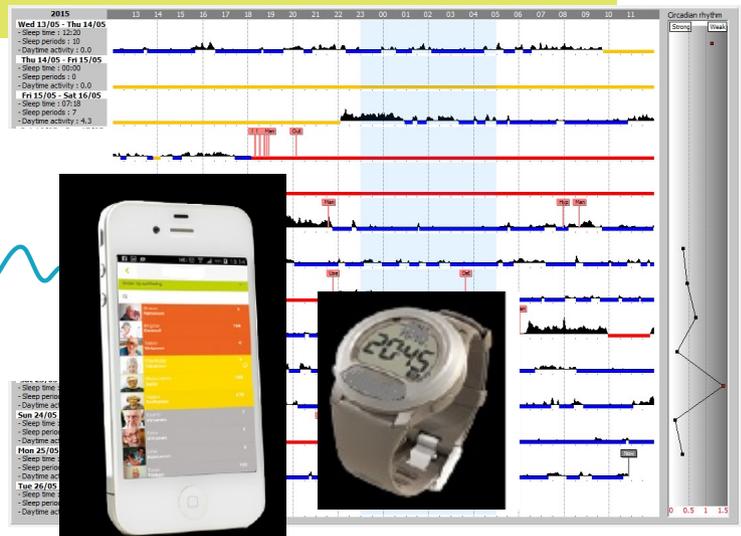
### THE SOLUTION

Alison wore a Care3® watch linked to the 24x7 nursing station in the nursing home. Real-time monitoring enabled staff to respond to increased discomfort by reading and comparing past and current Care3® data they could see anomalies in Alison's activity and circadian rhythms. Extreme variables from the 'norm' would also automatically triggers alarms in case of anomalies.

### SUMMARY

Alison was no longer able to express herself. Thanks to Care3®'s *Palliative & End of Life 24x7* monitoring and diagnostics potential, the nursing home's duty nurse was able to anticipate any pain or discomfort by comparing historic and current data. The Care Quality Commission considered this intervention exemplary and praised the home for its initiative.

*A more detailed description on the reverse side*



*"Even if a service user cannot communicate you can still diagnose their pain by analyzing the interrupted sleep patterns, restlessness and poor circadian rhythms all of which are excellent indicators to highlight pain, discomfort or poor wellbeing"* nursing home manager



Alison had terminal lung cancer and was living in a nursing home. At the beginning of terminal care Alison was still capable of making decisions about her care and she wanted that the pneumonia she been diagnosed with should be left untreated. She just wanted her pain and discomfort to be alleviated. Alison was given a pain pump for the administration of a pain reliever and tranquilizer. For some time, Alison was able to express her pain and discomfort but as her condition deteriorated, she lost the ability to communicate. Most of the time, she slept, or at least appeared to sleep, peacefully.

One night, the nurses received an alert indicating exceptionally high activity. However, the pain pump had not reported anything out of the ordinary. The nurses tried to figure out why the activity level was high and decided to replace the tubes of the pain pump. They then noticed that a cannula under Alison's skin was bent and Alison had not received her pain reliever as planned. Due to her deteriorated condition, Alison herself was unable to express her pain. The problem was fixed at 7:30am, after which the activity chart displayed normal levels.

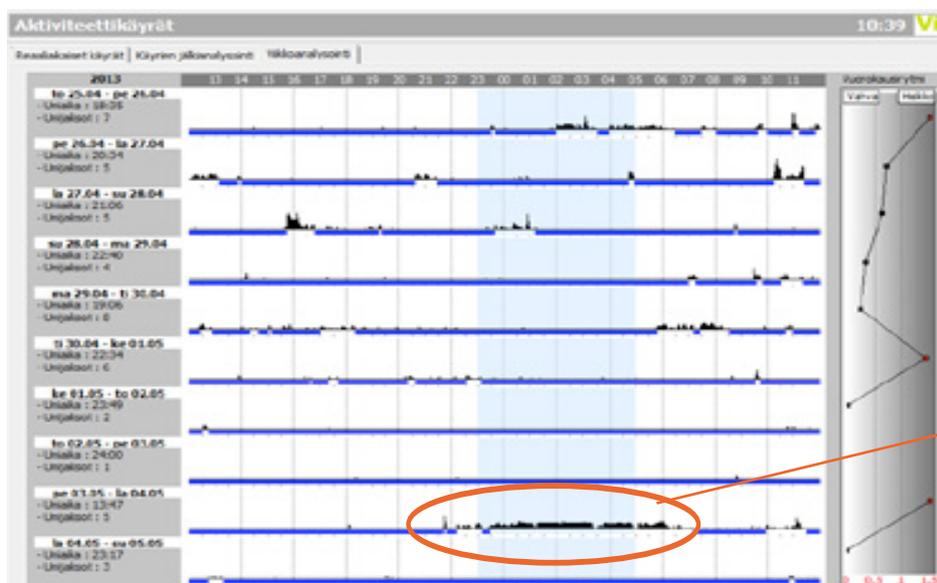
### Alison's Activity Chart

Sleep

Watch not warn

No activity data

**High bars** = good activity interspersed with rest **Low bars** = poor level of activity and rest



#### Situation

By comparing past and current data, it is clear that exceptional activity indicates a restlessness and discomfort



The Future Care (UK) Ltd.  
Disruptive Technology Enabled Care Services