



Nordic Sensi®Chair

User feedback from professionals who use the Nordic Sensi® Chair – a calming sensory experience with multiple disease states



User feedback on the Nordic Sensi® Chair

As long-term care facilities face a situation where an increasing number of residents with dementia, there is a need for non-pharmaceutical interventions to support the care process and help increase quality of life for residents.

Also, in many other situations the Nordic Sensi® Chair has proven its value with a variety of patients such as:

- Pediatric and adult psychiatric diagnoses
- Critical Care associated Delirium
- ADHD/ Asperger's Syndrome/Autism disorders
- Acquired brain injury or damage.

Nordic Sensi® Chair is an innovative technology that can offer people with behavior issues, such as agitation, aggressive behavior and other symptoms, a calming sensory experience; whether Inpatient or Outpatient and from ICU/Critical Care to Long-Term Care to Daycare programs, the therapeutic WNRC has multiple applications.

The Nordic Sensi® Chair offers sensory stimulation by combining soothing music, Musicure®, tactile stimulation, and vestibular stimulation created by the automated rocking motion of the chair.

This brochure is intended to share some use cases and feedback in order to encourage the adoption of the Nordic Sensi® Chair. Case studies are not peer-reviewed clinical studies – they express personal opinions provided by professional caregivers having used the Nordic Sensi® Chair with a limited number of people, in evaluations or in daily work at dementia care centers, nursing homes, daycare centers, hospitals, and schools.



Nordic Sensi® Chair, which is CE marked according to MDR, has replaced Wellness Nordic Relax® Chair in 2022.



The Nordic Sensi® Chair Chair has been positively received by both users and caregivers in a variety of care areas.



The Sjælsø Nursing Home has an adult daycare programme for residents with dementia who still live at home.



Sjælsø Nursing Home

RUDERSDAL MUNICIPALITY, DENMARK

"Several of our day guests find great peace and quiet when using the Nordic Sensi® Chair, to the point where it often is about "getting served first." There sometimes are day guests, who become uneasy and we cannot motivate them to use Nordic Sensi® Chair. However, under no circumstances, would we like to do without the chair.

One of our day guests lives with advanced Parkinson's and Alzheimer's disease. She is usually unable to find peace, and she is at her best when she is being constantly cared for on a one-to-one basis. As a result, her husband is unable to participate in ordinary activities or get a proper night's sleep. She had been very uneasy with agitated behavior and wakes up the other day guests when they settle in after midday. We then started using the Nordic Sensi® Chair with her at the day care center and she has settled down

completely. After one hour in the chair, she becomes so calm that she can participate in other activities without any problems.

Another sunshine story - we have a resident who suffers hallucinations and therefore is quite sad and, as one would expect, very uneasy. After she is offered the chance to rest in the chair, and after one hour of peaceful sleep, the resident is relaxed, happier, and calm enough to go home in our bus.

Common to all these experiences is that spouses can see the effect when the resident comes home in the afternoon. They perceive a greater sense of peace in their spouses, and therefore we believe the chair meets all of our criteria for a complete chair."

*Staff at the
Sjælsø Nursing Home*



Carter House Lifecare

A 17 BED STAGE III DEMENTIA UNIT, TE PUKE, NEW ZEALAND

Our facility evaluated the Nordic Sensi® Chair which incorporated features including the combination of music, tactile stimulation and rocking motion.

Homer, a resident with dementia who struggled with sleep and behavior issues as well as aggressive language challenges, was our first resident to use the chair. Although agitated residents' care is consistently challenging to dementia care staff, the team was able to get Homer to sit in the chair and use its features.

We recorded these observations:

- Safely positioned in the chair, weighted blanket in place, soothing music playing, body pillow in place, and chair gently rocking, Homer was asleep in about 10 minutes.
- After 20 minutes the rocking stopped but Homer continued to sleep. We left him there.
- One hour later Homer was awake and wanting lunch.

In the four months I had been at the facility, I have no recollection of Homer sleeping for that long!

Many of our residents tried the chair – some for longer than others. Without exception, all our other residents got something positive out of this chair – a few minutes peace, a few minutes of calm and tranquility, time where they could let go of their worries

and just relax and be at peace with themselves.

Aged Care is a particularly physical, stressful and tiring profession. Several of our staff also tried the chair with great success. It got to the point where I had to say they could not use it during work hours as they were so relaxed, they fell asleep!

People living with dementia often struggle to find peace. They will often pace or talk constantly and struggle to be at ease around others. This chair gave them the ability to lose themselves for a short time. It provided the opportunity to find that peace that eludes them. This chair would be an asset to any facility dealing with the challenges of dementia care.

Mary McDonald, RN Manager

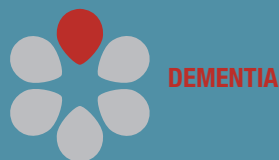


We were interested in providing a calming multi-sensory experience and giving our residents the ability to lose themselves for a short time.

MARY MCDONALD TE PUKE, NEW ZEALAND



Trollflöjten is a group home for residents below the age of 65 that are diagnosed with dementia.



Trollflöjten's Dementia Residence

LINKÖPING, SWEDEN

"We evaluated a rocking chair from Wellness Nordic at Trollflöjten's Dementia Residence. In our work we want to utilize different "tools" to help us provide good care. After a few months of use, we established that the chair had become an additional intervention to use in the daily care of our residents.

When we first tried the rocking chair, we hoped it would provide another method of relaxation, to contribute to the well-being of the people who live at Trollflöjten. We wanted to see if the chair could help alleviate some of the symptoms that can cause restlessness, agitation, difficulty in getting to sleep or to relax. For several years, we had dis-

cussed rocking and cradling could potentially help relieve some of our residents' troubling symptoms, but had difficulty finding a product to help.

The rocking chair was introduced to residents for the first time when they were receptive to trying it. We wanted to see if it would enhance their feeling of well-being and ability to relax while in the chair.

A manager who engages and inspires staff to try new methods was very supportive; our staff was encouraged to learn as much as possible regarding how different residents might benefit from the chair and staff were given the opportunity to try it themselves.

Examples of the impact the rocking chair had on some of the residents:

- One person had a lot of trouble relaxing in bed. The rocking chair helped this person relax for over an hour each time it was used, which never happened in the bed.
- Another person spontaneously headed for the rocking chair with a smile on his face; before the rocking chair was introduced for lunch time relaxation, he would just lie in bed for a few minutes at a time. In the rocking chair, he would rest for a much longer time, which in turn helped him have a better day.
- A third person fell asleep almost as soon as she got in the chair. It quickly became something recognizable and a place where she felt safe to rest in the chair daily. We have placed the chair in the living room in a quiet corner that we can screen with folding walls."



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Our experience shows that the chair is well worth trying and we have seen the greatest benefit with those residents who experience some of the most troubling symptoms of dementia.

STAFF AT TROLLFLÖJTEN

**DEMENTIA**

Enggården Nursing Home

DRAGØR, DENMARK

"We have tested the Nordic Sensi® Chair on 11 of the 12 residents with dementia in our two protected dementia wards.

It was a success, as 10 of the 11 residents who tested the chair enjoyed its features and were able to settle by using the rocking chair.

A number of specific observations illustrate its effect:

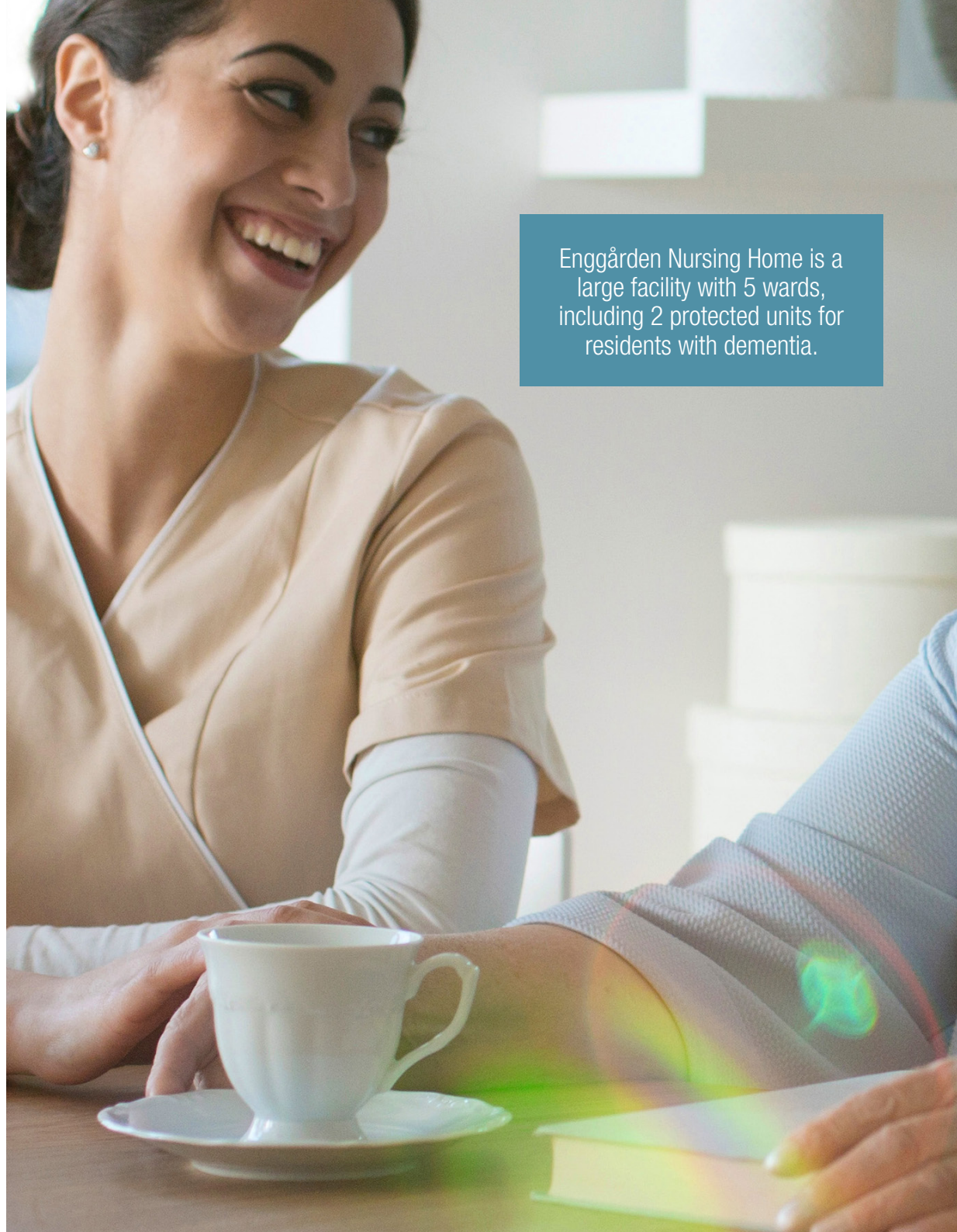
- Four residents sat in the chair for a longer period of time than usual (1.5 hours) and were able to calm down through repeated use of the rocking chair.
- During the loan period, five residents with significantly agitated behavior used the rocking chair and were able to find immediate peace.

There was also a situation in which one resident wanted to hit another resident. However, she calmed immediately after receiving care in the rocking chair. We have made the most of the rocking chair's flexibility and mobility, as we have used it in common areas, residents' own living areas; and the chair has provided the desired effect for residents in both settings.

Based on these experiences, we at Enggården recommend rocking chair therapy with the Nordic Sensi® Chair in caring for residents with severe dementia."

Helle Nordlie, Head Nurse

Enggården Nursing Home is a large facility with 5 wards, including 2 protected units for residents with dementia.



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Furthermore, the Nordic Sensi® Chair has improved the working environment for everyone as there is no more constant yelling and agitated behavior from this resident.

MERETE DAUREHØJ DEPARTMENT HEAD



MOTOR RESTLESSNESS

Svovlhatten Nursing Home

ODENSE, DENMARK

At Svovlhatten, we've tested the Nordic Sensi® Chair on a resident who exhibited very agitated behavior with yelling; behaviors he had displayed since moving to Svovlhatten two years ago. He had trouble calming down, and it was necessary to fit him with a soft-fabric harness to prevent him from falling on the floor when seated in a normal chair.

We had worked with Marte Meo,

sensory stimulation and other pedagogical principles without success in this case. We had the opportunity to test the Nordic Sensi® Chair with this resident and it was an instant success; he found peace and rest. The resident now spends many of his waking hours in the Relax Chair, and it has helped him find tranquility and a better quality of life.

It has also proven advantageous for the staff. Previously, the resident required care and attention every five minutes. Now, howev-

er, the Relax Chair has changed the required level of care and attention to a level that is in line with that of the other residents.

In light of this experience, we at Svovlhatten can recommend the rocking chair therapy of the Nordic Sensi® Chair in conjunction with overall care for residents with these kinds of behaviors.”

Svovlhatten Nursing Home is a long-term care facility with comprehensive testing work in welfare technology.”

*Merete Daurehøj,
Department Head*

Svovlhatten Nursing Home is a long term care facility with comprehensive testing work in welfare technology



PSYCHIATRIC DISORDERS

VihTek, a Welfare Technology Assessment of the Nordic Sensi® Chair

GLOSTRUP, DENMARK

The Nordic Sensi® Chair was evaluated for over 1.5 years at ward 172 of Glostrup Psychiatric Center as part of a VihTek welfare technology assessment. The assessment suggests that patients with depression and anxiety, in particular, have benefited from the rocking chair, in terms of relieved sadness and agitation. Overall the rocking chair is considered as a clinically relevant and useful tool for the patients.

The staff had different experiences with the rocking chair as a supportive tool in patient

treatment- some were positive towards the chair's calming effect, while others considered the rocking chair as an extra task as patients cannot be left unattended in the chair due to the risk of suicide.

The rocking chair was perceived as functional and to a great extent, user friendly, as most of the patients can operate it on their own.

The staff indicated that the rocking chair is possibly even better suited for an open psychiatric ward, where fewer patients need observation during usage.

For a complete report, please contact Wellness Nordic, +45 3874 5450

VihTek is a test organization, that supports clinical practice, by testing welfare technology for the benefit of patients, staff and relatives.



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THE STAFF VIITEK



PEDIATRIC ADHD/AUTISM SPECTRUM DISORDERS

Skovmoseskolen

RØDOVRE, DENMARK

The children at the school have general sensory integration problems, difficulties with concentrating for a longer period of time and they can have a hard time interpreting their environment. This can increase frustrations and result in a lack of coping strategies and limited resources.

The test was conducted with 35 pupils from the entire school, along with professional staff. The test was based on groundwork and knowledge from occupational therapy, physiotherapy, teaching and pedagogy.

During the test of the Nordic Sensi® Chair we investigated:

- Whether pupils enjoy using the rocking chair?
- How does the chair affect the pupils?

We made the following conclu-

sion: The sensory stimulation is clearly delimited defined by sound, movement and dim colored light, which gave the necessary peace to connect with yourself and relax. The pupils often fell asleep, took deep breaths, snuggled, and became completely quiet. When they were done with the program, we experienced they were calmer and had energy to participate in the rest of the daily activities.

The pupils got more energy and strength to participate in social learning fellowships, where they concentrated for longer periods of time. This could optimize the resources as the learning situation becomes easier for the pupil and could possibly benefit the entire class. A pupil's peace and energy can dampen the agitation

that could have surrounded the class and can counteract possible conflicts between pupils.

We will continue to use the rocking chair and we will try to get more pupils to use it. The data collection shows that pupils very much enjoy using the rocking chair, and it lives up to the expectation of providing the pupil with peace and energy.

If others should disseminate the technology in regard to pupils with special needs, it is necessary to note that the rocking chair can be used by one pupil at the time. It could require an adult resource, depending on whether the pupil can sit in the chair unattended. The gain can, however, offset the time spent.

Christa Hvidtfeldt Knudsen

Welfare technology assessment of the Nordic Sensi® Chair for children at Skovmoseskolen – a school for kids with special needs.





With the rocking chair our resident was able to find peace on his own and acts more concentrated during his work tasks afterwards.

CONNIE HANSEN PSYCHOMOTOR THERAPIST



PEDIATRIC ADHD/AUTISM SPECTRUM DISORDERS

Center for Autism – Solisterne

KØBENHAVN, DANMARK

The Nordic Sensi® Chair was tested at 2 wards, for approximately 10 days at each place.

Every ward has 4 residents. There were some residents in particular that benefited greatly from the use of the rocking chair. The following is a description of the positive effects:

A 53-year-old male resident, with distinctly overstimulated nervous system, used the chair on a regular basis. His

concentration ability was severely compromised with an outward reaction to follow when overstimulation occurs by even the simplest things. Since his nervous system is deteriorated, it is very difficult to find low arousal on a daily basis, as his nerve cells tell him to react to everything. Manual treatment is very hard for him to handle. This is why it was a surprise for the staff that he could sit in the rocking chair for up to 20

minutes. Normally he listens to a very rhythmic music, especially Kim Larsen – possibly because the beats create a frame that his nerve system can follow - but in the rocking chair he enjoyed listening to Niels Eje's music, which moves very fluidly.

The other resident, a young 36-year-old male with autism has severe restlessness and pronounced concentration difficulty which is also related to anxiety. The young man could

sit in the rocking chair for 15 to 20 minutes. This resident works with a psychomotor therapist and acknowledges low arousal, but with the rocking chair he was able to find peace on his own and acts more concentrated during his work tasks afterwards.

Connie Hansen, Psychomotoric therapist, and the staff at the Center for Autism, Solisterne CAS 2.0 and 2.1



CAS 2 "Solisterne" is home to 8 mentally disabled residents

Hammel Neurocenter is a university hospital with specialization in neuro-rehabilitation for patients with acquired brain damage



ACQUIRED BRAIN DAMAGE

Hammel Neurocenter

HAMMEL, DENMARK

Hammel Neurocenter is a university hospital with specialization in neurorehabilitation for patients with acquired brain damage.

Test with focus on creating relaxation:

“One of our test persons is a 43-year-old female, who sustained a brain injury and was admitted for rehabilitation at Hammel Neurocenter. She was confused and therefore it was difficult to keep her attention and for her to understand the situation she was in. She was motorically restless and talked a lot. Her speech was understandable, but often out of context in regard to the situation. Her biggest problem was that she couldn't find peace to rest which led to a lack of daily rhythm and too little sleep.

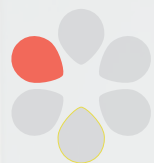
When helped to sit in the rocking chair with a weighted blanket,

she slept several consecutive hours during the day and was calmer afterwards. The monotone movements of the rocking chair and the music were probably contributing to this.”

Test with focus on creating relaxation and reduction of increased muscle tension:

“A 60-year-old female was admitted to our rehabilitation hospital due to an acquired severe brain injury. Her muscles were very tense throughout her whole body. This tension hindered her ability to perform her daily tasks.

After using the rocking chair, she became less tense and calmer and could briefly participate more in activities. She found the chair very comfortable with the movement and the music.”

**CRITICAL ILLNESS**

Sensory stimulation for critically ill patients in the acute care hospital

ODENSE UNIVERSITY HOSPITAL, DENMARK

Critically ill patients often have disturbed cerebral function. Sensory stimulation using a rocking chair has shown promising results for patients who suffer from delirium. A recent study of 47 critically ill patients in the Intensive Care Unit (ICU) at OHU demonstrated the value and the effect of sensory stimulation.

The study found that using the rocking chair:

- can be used in the ICU without compromising patient safety
- decreases agitation, increases consciousness, and decreases pain and delirium
- is comforting and relaxing for the critically ill patient as perceived by patients themselves and their nurses

*For a complete report, please contact
Wellness Nordic, +45 3874 5450*



Well-being

Mental Health

Relaxation

Comfort

* Odense Universitetshospital (OUH) er et hospital i region Syddanmark, der har undervisningsfunktion, og hvor man samtidig tester nye metoder og behandlinger.



Wellness Nordic

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