

Nordic Sensi®Chair
– a non-pharmacological intervention

User references from hospitals

Nordic Sensi®Chair: Experiences from use in hospitals



The Nordic Sensi®Chair has, since 2015 been used in Denmark by customers in hospitals. The concept was originally evented in Denmark by Wellness Nordic. The current “hospital” version of Nordic Sensi®Chair has been adopted to requirements in the hospital sector by Wellness Nordic based on demands from Danish customers .

Nordic Sensi®Chair is an innovative rocking chair that provides multi-sensory stimulation of the user's senses by rocking, vibration and auditive stimuli. This assistive technology is used as a non-pharmacological intervention to calm individuals presenting with restless, externalising behaviour, or to increase the level of activity in people with reduced arousal¹.

A pilot study was conducted as independent pilot-study² research by University Hospital of Odense in 2016, measuring the effect that the Nordic Sensi®Chair has on delirious ICU patients. The pilot study was followed by a multicenter, randomized clinical trial with 150 patients inrolled, led by

Rigshospitalet of Copenhagen as independent research. The study is still on-going³.

In this brochure we have gathered information from a Danish customer survey in hospitals. Additionally, we have gathered customer testimonials from a variety of hospital wards in order to share knowledge and inspire about how and with which effect the Nordic Sensi®Chair is used in Danish hospitals.

What is the incidence of Dementia and Delirium? There is information indicating that 30% of elderly patients (>65 years of age) are suffering from an episode of delirium during their hospital stay. Delirium is characterized by confusion and uncalm behavior and is related to personal discomfort, longer hospitalization and increased risk of early mortality. Furthermore, at least every fourth hospital bed is occupied with a patient suffering from dementia, also a population with higher risk of getting Delirium⁴.



References

1. www.researchgate.net/publication/340478380_Using_a_Rocking_Chair_in_the_Care_of_People_with_Dementia_A_Single-_Case_Research_Study
2. www.wellnessnordic.com
3. ichgcp.net/clinical-trials-registry/NCT04401514
4. www.wellnessnordic.com



Nordic Sensi®Chair which is CE marked according to MDR.

READ MORE: WWW.WELLNESSNORDIC.COM

The customers have their say: Conclusions from the customer survey⁴

29 hospital wards who uses Nordic Sensi®Chair were invited to participate in the survey and the response rate amounted to 48%. Most of the participants work in an ICU, other participants represent clinics like Neurological ward, General Medical ward, Care of the elderly and palliative ward. This shows that the Nordic Sensi®Chair is used in varying environments.

Primary indication of use:

Over 50% percent of the responders stated that reduction of delirium is their primary indication to use Nordic Sensi®Chair. Around 30% declares that they use Nordic Sensi®Chair primarily to reduce agitation and abrasive motoric behavior. Reduction of delirium is still the largest indication followed by a reduction in the need to use sedative and antipsychotics.

Other reasons for using the Nordic Sensi®Chair are:

- To improve sleep
- To improve the general quality of life
- To reduce use of sedatives/psychopharmaceutic

Most respondents state, that the effect of the chair is seen immediately, often after just a few minutes.

Improved quality of care

Most responders testifies that the quality of care improves through the usage of Nordic Sensi®Chair. To some extent, time is also freed up for other duties when a delirious / agitated patient has been calmed down. All 90% of the responders think the usage of Nordic Sensi®Chair contributes to a calmer and more comfortable work environment.

Program preference

The Relax program is by far the most chosen program; it also reflects the primary indication of use, delirium followed by agitation.

Recommendable to monitor the patient when starting

The majority of the respondents in the survey stated, that they stay at the side of the patient in the beginning, when the chair is used. If possible the larger part of the responders prefer to monitor the patient from a distance.

Recommend the use of Nordic Sensi®Chair

The response was overwhelmingly positive. 90% of the responders are extremely likely or likely to recommend Nordic Sensi®Chair. This is a strong indication that Nordic Sensi®Chair is a valuable tool for the hospital staff giving care to their patients.

Diligent use

70% of the responders state they use Nordic Sensi®Chair daily to several times a week. 30% states a usage of every second week or less.

Transfers

The transfer of the patient between bed and Nordic Sensi®Chair is predominantly executed via a ceiling or a floor hoist.

Aarhus University Hospital

Aarhus University Hospital is one of the most specialised hospitals in Denmark, with state-of-the-art equipment and highly skilled employees. The hospital has 1600 beds and employs more than 10,000 specialist staff in their respective fields.

The intensive care unit looks after gravely ill patients with a variety of diagnoses, a number of whom are in a state of delirium in addition to their main diagnosis.



"On Intensiv Care Unit North 2 we use the Nordic Sensi®Chair for delirious and long-term hospitalized patients."

midt Aarhus Universitetshospital
regionmidtjylland



An interesting patient discussion

**AARHUS UNIVERSITY HOSPITAL,
INTENSIVE CARE UNIT NORTH 2, DENMARK**

Linette approaches an inpatient, introduces herself and speaks with them about using the Nordic Sensi®Chair that they have on the ward.

The patient relaxes in the Nordic Sensi®Chair and enjoys the music. Linette asks the patient how she feels sitting in the sensory chair. The patient replies that it's wonderful and that she feels it really helps her to unwind. The patient describes how the sensory chair calms her down so much that she often falls asleep in the chair; she really enjoys it.

Linette asks the patient how she finds the music in the chair. The patient says that she finds the music very soothing and helps her to drift off. In that regard, the patient feels that they are better able to relax, both mentally and physically.

When asked if she prefers Nordic Sensi®Chair over a generic 'lazy chair', the patient responds that she prefers the sensory chair if it is peace and quiet and relaxation that she needs; she describes it as an enjoyable experience, partly because it provides diversion.

Chair used for long-term inpatients with delirium. Nurse Linette adds that staff at the Intensive North 2 unit also use the Nordic Sensi®Chair to help delirious/long-term inpatients, as the chair will help give them some variety and diversion; with some patients it is simply used for their own welfare and in turn increase their wellbeing.

*Intensive care nurse
Linette Thorn*



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:

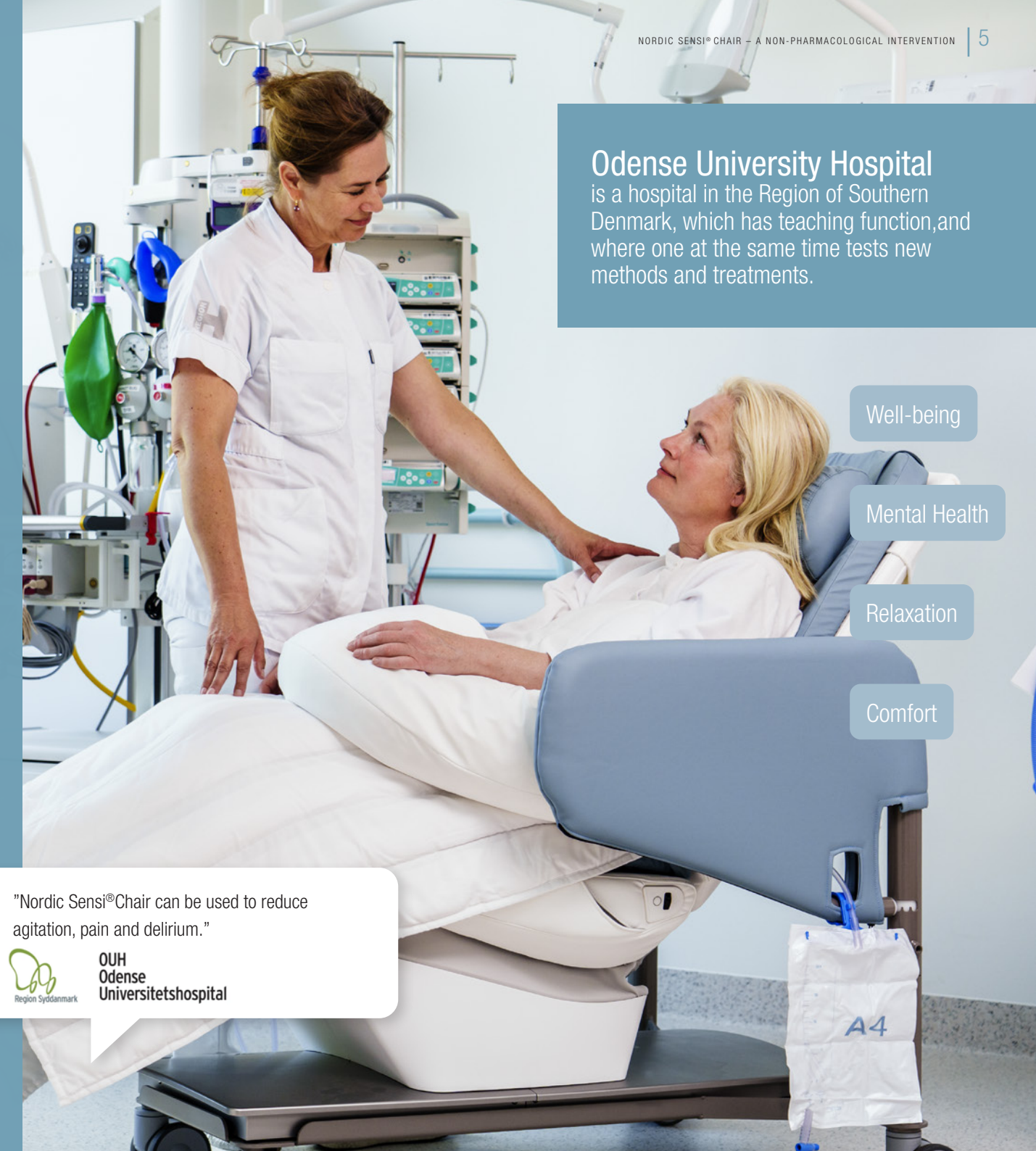
- can be used in the ICU without compromising patient safety
- decreases agitation pain and delirium increases consciousness
- is comforting and relaxing for the critically ill patient as perceived by patients themselves and their nurses

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



Odense University Hospital

is a hospital in the Region of Southern Denmark, which has teaching function, and where one at the same time tests new methods and treatments.



Well-being

Mental Health

Relaxation

Comfort

"Nordic Sensi®Chair can be used to reduce agitation, pain and delirium."

OUH
Odense
Universitetshospital
Region Syddanmark

Herlev Hospital, Denmark

Herlev/Gentofte Hospital is situated outside of Copenhagen. The hospital has 840 beds, as well as a large number of specialist departments and ward sections. The ward has 20 beds and has been using Nordic Sensi®Chair in its work for two years.

"The rocking chair might be a suitable option for any ward that has patients admitted for a longer period."



Experiences with Nordic Sensi®Chair as non-pharmacological intervention

GERIATRIC WARD, HERLEV HOSPITAL, DENMARK

We spoke to project nurse Annika Puggaard Pagels, who is responsible for Delirium-related resources and implementing and developing the procedure around the delirious patient on the geriatric ward:

"The rocking chair is used as an intervention in the non-pharmacological treatment of patients with delirium, to give them some peace and quiet and a sense of security. The purpose of the rocking in the chair is to calm the user down. Some patients fall to sleep, although we do not have any figures of how many. The rocking chair can be used as a non-pharmacological intervention on the ward. The patients who take part in the rocking and help us with the 'rocking motion' work often sit there for 20 minutes, i.e. for the length of the Relax programme. Sometimes they sit in the rocking chair for 2 x 20 minute sessions. If they fall asleep, the risk of pressure sores poses a dilemma. To prevent the sores, we need to get them back to bed; we often use lifts for that."

Rocking - prevention or cure?

"It is mainly patients in a state of delirium who we cannot get to calm down, or to sleep, that we use the rocking chair for. It is the patient's state of delirium that triggers use of the rocking chair; in other

words, we use the rocking chair as treatment when the patient has got to that state and is restless."

"We do not document use of the rocking chair in our records, because our IT system does not currently give us that option, but we communicate it internally at team meetings and in our patient care plans. Although the rocking chair is great for some patients, it poses us with a challenge when used by patients who are mobile and can walk around, because they often get out of the chair very quickly. The rocking chair can also be used as a preventative measure for, for example, dementia patients, but we have no specific experience of doing that ourselves."

"For us nurses, the rocking chair is a helpful aid. In the same way as we would turn to aids for help moving patients, we turn to the rocking chair as a non-pharmacological intervention to calm the patient down. The nurses like to work with the rocking chair wherever suitable. They need to see that it makes sense to do so, however; it won't get used otherwise. If our colleagues see that it makes sense for the patient, they will want to use the rocking chair in their work."



Patient reaction

"Our patient group, and the delirious patients in particular, are usually too unwell to ask for the rocking chair or find words to describe their experience of it. In our experience, some of the patients benefit from the rocking chair and become calmer as a result. But we also have a number of patients who remain anxious, or become anxious from use of the chair."

The rocking chair is relevant in many departments

"The rocking chair might be a suitable option for any ward that has patients admitted for a longer

period, or where the patients are at risk of or in which delirium is already present. We see patients with Delirium in many different departments, whether in the internal medicine section, in the palliative care section looking after end-of-life patients, in intensive care or in surgical patients. In other words, a patient group that is spread across many areas of the hospital, and for whom the rocking chair might be relevant used as a non-pharmacological measure.

*Annika Puggaard Pagels
Geriatric Ward, Herlev Hospital, Denmark*

Hospice Randers

Hospice Randers is a palliative section in the municipality of Randers. At Hospice Randers is offered Care and quality of life for terminally ill and dying people and their relatives. This gives a worthy and respectful end of life – of course, in a high professional environment in peaceful and a safe physical framework.

"Using the sensory chair's calming programme, the resident managed to relax, which enabled him to sleep well in the chair for several hours."

Hospice Randers

READ MORE: WWW.WELLNESSNORDIC.COM



PALLIATIVE WARD

Residents and their relatives find peace resting in the rockingchair

HOSPICE RANDERS, DENMARK

Nurse coordinator Anna-Birgitte P. Gamtofte at Hospice Randers tells us that "the sensory chair is used for several types of resident and their relatives, and they all find using the chair a very positive experience."

Pain, restlessness, delirium, the chair used for many conditions. One way in which the chair was used was to help a resident who could not rest and unwind in bed because he was in pain. Using the sensory chair's calming programme, he managed to relax, which enabled him to sleep well in the chair for several hours

after; he repeated his use of the chair on multiple occasions thereafter. Another resident in a state of delirium also managed to relax in the chair.

Used by residents – and their relatives

"We have found that residents' relatives who are struggling to relax and are therefore in need of rest have also benefited from taking short breaks in the chair. In some situations, the chair is moved into the resident's own room. On other occasions, they like to sit in it in our dayroom."



Using the chair's programmes

"We mainly use the Comfort and Relax programmes, and that has worked out fine. To begin with, we would sit by the patients so that we can stop the programme if the residents become uncomfortable."

*Anna-Birgitte P. Gamtofte,
Nurse coordinator,
Hospice Randers*

Hammel Neurocenter

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

onshospitalet
mel Neurocenter



DEPARTMENT OF REHABILITATION

Hammel Neurocenter

HAMMEL, DENMARK

"After using the rocking chair, the lady becomes less tense and more calm and can briefly participate more in activities."

midt **Hospitalsenhed Midt**
regionmidtjylland Viborg, Silkeborg, Hammel, Skive

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."

Focus on relaxation and less 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."

*Anna Birthe Andersen
Occupational therapist*



DEPARTMENT OF NEUROLOGY

Nordic Sensi®Chair – a beneficial tool in the rehabilitation

INTENSIVE THERAPY UNIT 13

The unit treats patients who need close monitoring and treatment, e.g. respiratory treatment or dialysis. Intensive Treatment, ward 13, has three sub-functions, with the Neuro Intensive Stepdown section (NISA) functioning as one department.

Nordic Sensi®Chair was purchased for use in the rehabilitation of NISA patients. Eva Noer feels that Neuro Intensive Stepdown patients (the NISA patients) really benefit from the Nordic Sensi Chair when it is used as part of the rehabilitation process.

“The main aim when using the Nordic Sensi Chair to treat NISA patients is speeding up the rehabilitation process. The patients are offered non-pharmacological interventions as far as possible to mitigate the risk of delirium and the side effects that go hand in hand with being in that state. In that respect, the chair is a really great tool.”

Nordic Sensi®Chair used to stimulate the senses

The rocking chair ensures position variation for the patient when sitting and lying down, which leads to positive stimulation of the primary senses. A lack

of normal input and stimuli for the primary senses alone can cause tremendous anxiety in a patient, and the very nature of admission to hospital makes it particularly difficult to prevent the lack of such.

The sensory stimuli that the Nordic Sensi®Chair offers can be tailored to the needs of the individual patient, which is something that Eva Noer and the rest of the Neuro Intensive Stepdown section (NISA) specialise in. They have successfully used the chair at all stages of the patient's hospital stay.

NISA patient group

Aside from patients with brain injuries, mainly after trauma, the Nordic Sensi Chair is also used for other patient groups, which in some cases include tetra- and paraplegics. The chair is not used when medical professionals have decided that pharmacology is the correct treatment.

The patients ask for the chair

Both patients and staff are happy to have the chair as an option. Patients ask to use the chair when they need a break during their stay at hospital. The chair gives them a sense of peace and quiet and allows them a ‘mental break’ from the white noise

and any racing thoughts, while also varying their positions in the chair in many ways.

State of delirium prevented and treated

Aside from the chair being used in the rehabilitation of the individual patient, the nurses also use the chair to prevent or shorten states of delirium, and as an aid to create calm in the department.

Positive for the working environment

If the patient receives such positive stimulation when anxious and agitated, this frees up staff resources, which can then be allocated elsewhere. Nordic Sensi Chair, simply put, is a non-pharmacological way of giving the patients some peace and quiet, which in turn improves the working environment for staff.

“Looked at as a whole, it's a win-win situation. The patients make quicker progress in their rehabilitation, with the potential to shorten their stay in hospital. It also helps to get the care process underway sooner for the patients and their relatives, rather than it dragging out. This, of course, has a financial effect, as well as an effect

Glostrup Hospital, Denmark

The hospital has 1000 beds and is located outside the capital, Copenhagen. Eva Noer is a Clinical Lead and intensive therapy nurse in the Department of Anaesthesia and Intensive Treatment, unit 13, at Glostrup Hospital in Denmark.

on quality of life. After all, shorter admissions save money for society and free up spaces for new patients.”

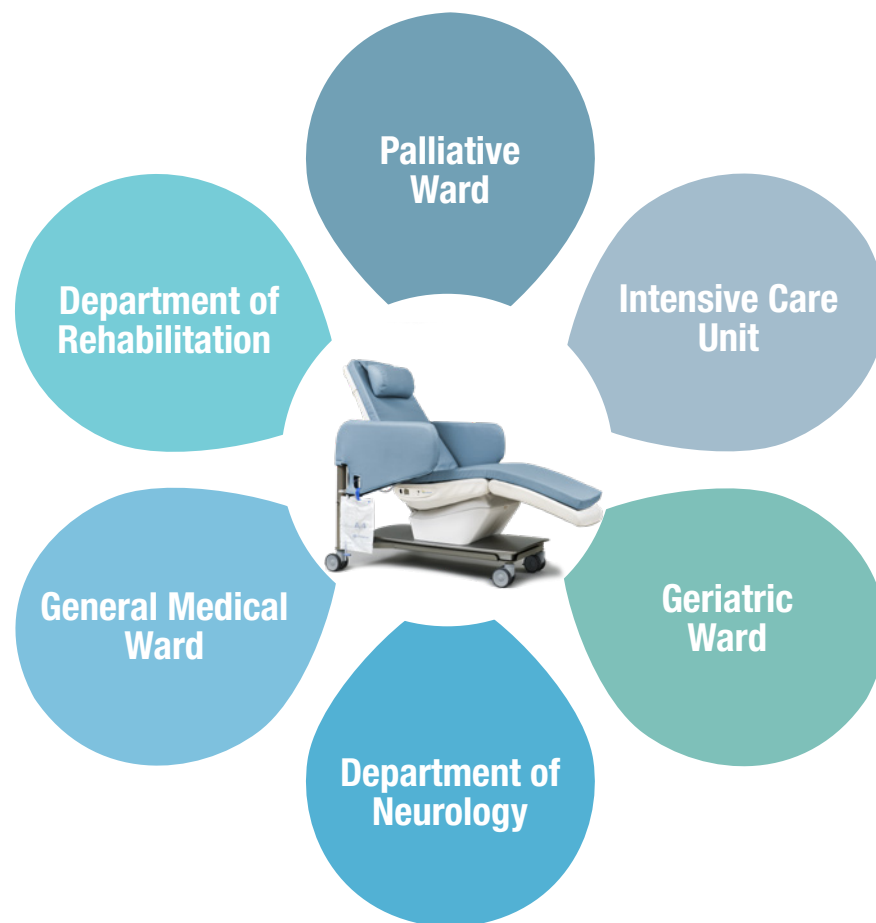
The Relax programme is the preferred choice. The rocking motions in combination with the music from MusiCure, the vibration in the lumbar region of the chair, as well as conditions conducive to staying in one place and resting, all help to achieve positive outcomes.

*Eva Noer
Clinical Lead and intensive therapy nurse,
Department of Anaesthesia and Intensive Treatment,
unit 13, Glostrup Hospital*



“Nordic Sensi®Chair, simply put, is a non-pharmacological way of giving the patients some peace and quiet, which in turn improves the working environment for staff.”





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Nordic Sensi®Chair is marked according to MDR EN 2017/745/EU.