



WTA ¹⁾

Wellness Nordic

Rocking Chair

Conducted at Senior Centre Broparken
Rødovre Municipality 2017 ²⁾

- 1) WTA is an abbreviation for “Welfare Technology Assessment”, a method developed by the Danish Technological Institute (www.teknologisk.dk) to ensure a consistent frame of reference when evaluating Welfare Technology products and impacts.
- 2) The WTA is conducted by the municipality of Rødovre with no funding or participation by Wellness Nordic. However, Wellness Nordic has provided the translation from Danish to English in accordance with the Municipality of Rødovre.

Background and target group

Senior Centre Broparken is a nursing home for 78 residents, divided into eight departments. Residents suffer from different levels of age-related changes and illnesses, including dementia.

Some of the demented residents are troubled and can't find peace, wander around in the corridors, move things around and find it difficult to relax. This restlessness is unpleasant to the individual and often affects the other residents of the department and the care-givers.

The residents diagnosed with dementia tend to be those who have the biggest difficulty relaxing, and they therefore form the primary target group for this project.

Objective

The primary objective is to create periods of tranquility and peace for the inhabitants with dementia, giving them dignity and increasing their quality of life.

A secondary objective is to prevent their restlessness from spilling over to the other residents in the department.

Choice of technology

Following market research and dialogue with the dementia supervisor in the municipality of Rødovre, the project group selected a rocking chair from Wellness Nordic (*Wellness Nordic Relax chair, distributed in the US by Arjo*).

This chair has a number of functions that other models and other products at the market do not have. Including good references from other municipalities in Denmark.

Test participants

The project group talked to the nursing staff in the departments and studied resident records to find the residents most suitable for testing and try-out for the chair.



The group selected eight residents with different diagnoses who exhibited restlessness during the day.

The participants were divided into groups based on when they would best benefit from the chair, ensuring that it was available to everyone at that time of the day when they were worst affected.

Placing the chair

According to the initial plan, the chair was to be cycled between the departments, but this proved to be difficult to incorporate into the centre's daily routine, meaning that it was not always available in the right department at the right time. The project group therefore decided that the chair should be permanently located in one department,

Where it was then often used by a very restless resident of that department, who sat and rocked in it whenever he/she felt the need.

Other residents were allowed to use the chair when needed. The nursing staff could move the chair from its regular location and bring it back after use.

Documentation of effect:

When a resident participated, a focus area was set up in their electronic journal for the staff to regularly record progress. The results have been compiled and are presented in the Welfare Technology Assessment (WTA).

TECHNOLOGY

Functionality:

The chair lived up to expectations, but only for part of the target group.

Of the eight residents who took part in the trial, two dropped out after their first attempt as they did not like the chair and only used it for a very short time. Then two more occupants dropped out because one

felt nauseous and the other fell asleep and had to be woken up and put to bed to sleep, which was inappropriate.

The other residents were happy with the chair and profited from the therapeutic effect during and after use.

Usability:

The chair is easy and intuitive to use and has worked every time.

A brief introduction to the staff is needed as it has certain programs that are not suitable for dementia sufferers. A small, Quisck-guide-manual is also attached to the chair.

The contact personnel for the users were involved and trained in use of the chair, who then trained their colleagues to ensure everyone became familiar with it very quickly.

FINANCE

Investment:

The chair costs in Denmark DKK 55,000 + VAT (including an incontinence cover, 1 junior sized fibre duvets and an arm support cushion).

The chair functions as is, but the use of a heavy fibre duvet and/or U-shaped tube is beneficial, giving tactile stimuli together with the rocking therapy.

Operation:

No additional operating costs were incurred.

Using rocking chair therapy releases human resources among care-givers to the benefit of other residents in the department, instead of tying staff up trying to cope with the negative effects of a restless resident.

The chair is estimated to have released two to three hours a week per user, but since there is a big difference between the residents, their behaviour and needs, an accurate figure cannot be achieved.

CLIENTS

Value and usability:

Overall, the chair provides a greater quality of life for users and for the rest of the residents, as restlessness is relieved before affecting others. However, there is a part of the target group that cannot or will not use the chair, for various reasons.

Users found the chair calming, avoiding restlessness and the need for contact with others requiring the attention of the staff. Staff are thus released to perform other tasks in the department.

Example:

"One resident in particular with advanced dementia has obtained a lot of pleasure from the chair, which is located in her department. She used to need a lot of contact and was often very insistent with the staff, who had difficulty meeting her needs without affecting the other residents and their work elsewhere in the department. Rocking chair therapy lets her gather her thoughts allowing her to relax on her own. She still has good contact with the staff, since the chair is located in the living room/kitchen where the staff are working."

She continues to feel calm after chair therapy, which means she can participate in complex situations, such as mealtimes, for example.

ORGANISATION

Management:

The centre management supported the use of chair therapy throughout the course of the project.

Staff:

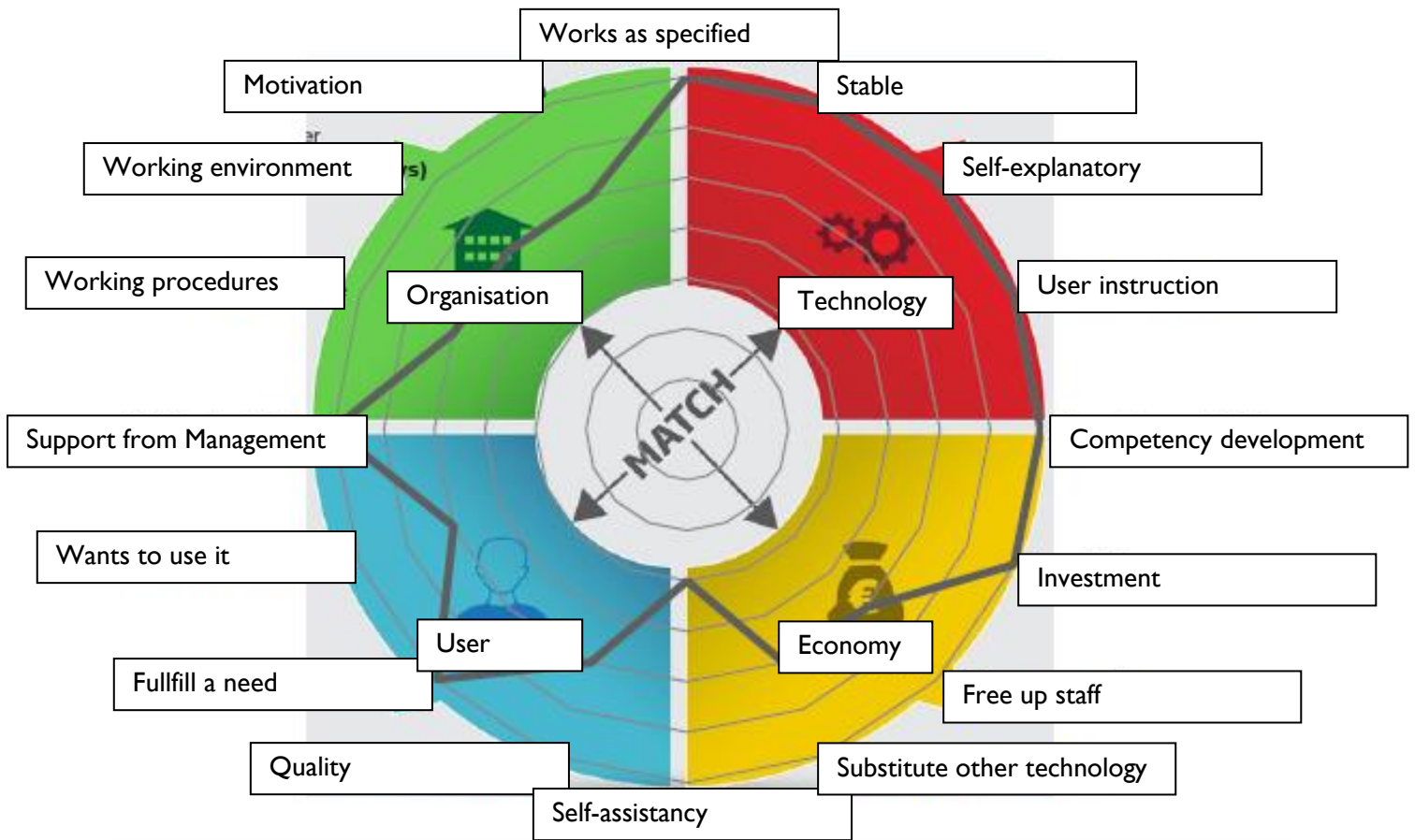
The staff showed a high level of interest in the rocking chair as a form of therapy and made the most of the opportunities it created. The chair helps relieve the staff, giving them more time for other resident-related work.

During the project period, the chair generated a lot of interest from the entire staff, but it was primarily used in the department where it is based. Although the staff from other departments are familiar with the chair, it was rarely moved and used elsewhere.

WTA FORM

Area:	Category:	Question: (Response: Yes = 2, Partial = 1, No = 0)	Response: (2,1,0)	Explanation/Comment:
Technology	Functionality	Can the technology do what is expected?	2	The chair was tested on residents diagnosed with dementia and with a range of related problems. Some did not like it, whilst others benefitted from its therapeutic effect during and after use.
		Does the technology work every time it is used?	2	The chair is very reliable. It is on wheels and can be moved around to all departments.
	Usability	Is the technology easy and intuitive to use?	2	Yes.
		Are the manuals and instructions provided useful?	2	Yes. The chair has several position settings, not all of which are suitable for users with dementia. Brief instruction is therefore needed from a colleague.
Finance	Investment	Can the technology be used without resource-intensive skills development?	2	Yes. It can be used after brief one-on-one training.
		Can the technology be used without conversion/purchase of other products?	2	Yes, but when using a heavy fibre duvet and a U-shaped tube, tactile stimuli can also be given while the chair is in use.
	Operation	Does the technology release employee resources? (e.g. for other	1	It releases human resources because the user

		tasks)		becomes calmer, less contact-seeking and less disruptive.
		Does the technology replace other services or technology?	1	Rocking chair therapy reduces restlessness for the user and the department, meaning more time for other tasks.
Clients	Value	Are residents more independent thanks to using the technology?*	0	No. Rocking chair therapy is no compensation for functional impairment, but is used as therapy for restless demented residents.
		* <i>The group of users are not expected to become independent.</i>		
	Usability	Does the technology result in improved quality? (e.g. quality of life, dignity, integrity, inclusion, etc.)	1	The chair means greater quality of life for users and for the other residents, as restlessness is relieved before affecting others. Users become calmer after receiving rocking chair therapy.
		Does the technology meet the needs of residents?	2	Yes, there is no doubt that it does.
		Do residents want to use the technology?	1	The residents who use the chair are happy with it. One resident actively seeks it out. There are residents who do not want to use the chair.
Organisation	Management	Is there managerial support for use of the technology?	2	Yes. The management fully supported allocation of time to become familiar with using the chair.
		Does the technology support good workflow?	1	Rocking chair therapy reduces restlessness for the user and the department, meaning more time for other tasks.
	Staff	Is the technology the cause of an improved working environment?	1	Rocking chair therapy reduces restlessness for the user and the department, meaning more time for other tasks.
		Is there motivation to use the technology?	1	Yes. However, the chair is primarily used in the department where it is based.



CONCLUSION

During the project period using Wellness Nordic Relax chair has shown good therapeutic effect and relief for staff. Both residents and staff happy are to have it available. The rocking chair is now permanently available in the Senior Care Centre Broparken in Rødovre for those who suffer from to dementia and those who can't find peace.

Using the rockingchair calms down the residents. The impact usually continues after use, making it beneficial during and after therapy.

When the nervous energy of restless residents affects the rest of the department, human resources have to be used to restrict and reassure the individual and to maintain calm in the department. The use of rocking chair therapy released personnel resources for the care-givers and enabled them to provide more positive experiences rather than minimising negative ones.

Not all users in the project wanted to use the chair, but those who did benefitted.

RECOMMENDATIONS FOR CONTINUED USE

Given the above, the project group recommends that the rocking chair becomes a permanent welfare technology for all the nursing homes in municipality of Rødovre, as the therapy it provides, can increase calmness for those residents diagnosed with dementia.

The therapy has an effect on the entire department as it limits the turmoil that previously spread from a restless resident with dementia.

We recommend that the Wellness Nordic Relax chair is permanently located in one department, so that users with dementia introduced to it, will know where to find it when needed.