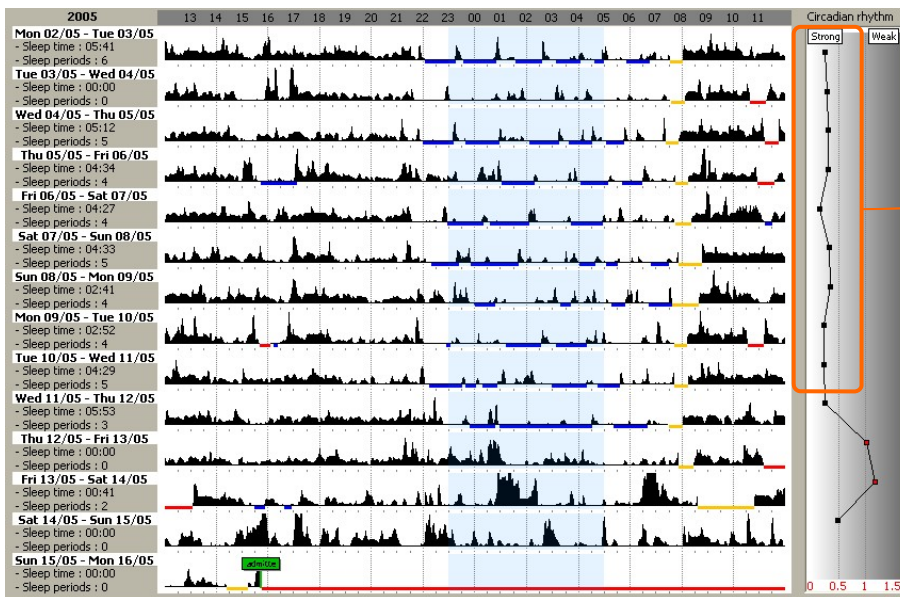


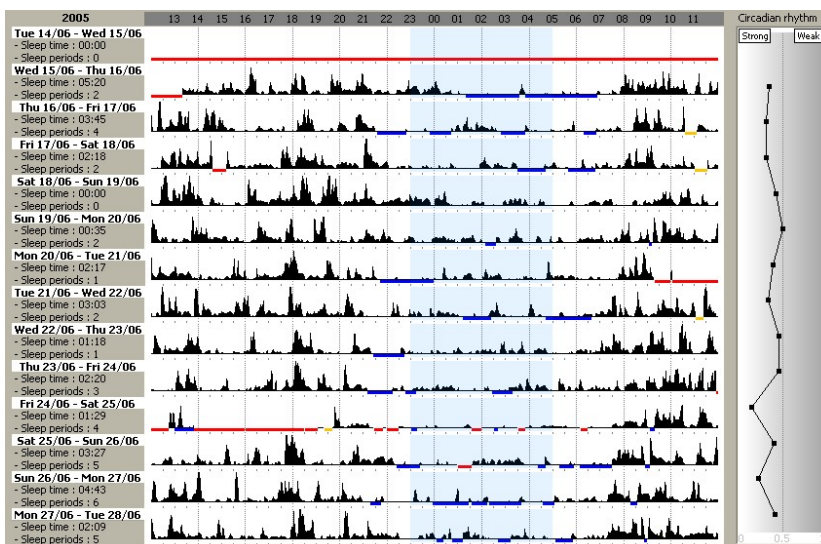
A real Case Study from a WristCare Pilot in the UK. This Wellness Data was being collected to support long term social care, but it highlights how it can be used for admission avoidance by Intermediate Care or Community Matrons.



Before
Client is well and consistently so.
Circadian Rhythm (CR) is 0.2— 0.5

Early Warning
CR shifts to the right

Client Fall - Emergency
Infection becomes a crisis on Sunday 15th May.



Emergency Admission:

- Fall at home
- Client to A&E
- Pneumonia diagnosed - cause for shift in CR
- No fractures
- Stay in hospital: **30 days**
- Discharged home but not yet fully recovered:
 - Activity levels lower
 - Sleep disturbed
 - CR weaker
 - CR less stable

There was 48 hours early warning before the emergency admission to hospital.

A community based intervention could have been used.

This Case Study illustrates a crisis that can be avoided with Wellness Data:
4 weeks in acute care.