

CASE: MONITORING BIPOLAR DISORDER

Monitoring of functional capacity improved George's quality of life

Predictability of bipolar disorder



The person in the photograph is not associated with the case

THE SITUATION

George is an 81-year-old man who lives at home and suffers from bipolar disorder. A regular rhythm of life, identification of predictive symptoms and timely intervention are important in this disease.

THE SOLUTION

The different phases of George's disease can be clearly seen on the activity chart. Nurses can respond to mood changes with a variety of measures to prevent the patient's suicidal intentions and reckless behaviour. George's medication was adjusted in order to sustain his functional capacity.

SUMMARY

The wellbeing data provided by Vivago enables better control of George's disease. The phases of the disease are visible on the activity chart and can be predicted.

A more detailed description on the reverse side

Vivago



Monitoring of functional capacity improved George’s quality of life.



Case George

George is an 81-year-old man. He suffers from bipolar disorder. George takes his medication independently at home and is able to cope with the daily chores. A regular rhythm of life, identification of predictive symptoms and timely intervention are vitally important in bipolar disorder.

The phases of George’s disease are clearly visible on the activity chart and the changes in his condition can be predicted. Nurses are able to respond to the changes with a variety of measures to prevent suicidal intentions and reckless behaviour. George’s medication is reviewed and adjusted in order to sustain his functional capacity and George is encouraged to attend hobby groups. The data provided by Vivago enables better control of George’s disease.

Manic phase

In the manic phase of the disease, George usually sleeps considerably less than normally. The Vivago system reports **a change in functional capacity: “Poor circadian rhythm”**. General restlessness and activity have increased considerably, which can be seen as high activity and increased absences from home (red line) on the activity chart. In the manic phase of the disease, George also removes the Vivago CARE watch from his wrist and seeks attention from the nurses.

The activity chart for the manic phase shows six days of data. Each day's chart has a time axis from 00:00 to 24:00. The activity is represented by black bars. In this phase, the bars are consistently high throughout the day, indicating increased activity. There are several red horizontal bars at the top of the charts, representing absences from home. A legend on the right side of the chart shows a line graph with a sharp peak, indicating a change in functional capacity.

Depressive phase

In the depressive phase, George sleeps more and his daytime activity decreases. The system responds to the change and the nurses receive a notification of **“Low daytime activity”** on their mobile phone.

The activity chart for the depressive phase shows six days of data. Each day's chart has a time axis from 00:00 to 24:00. The activity is represented by black bars. In this phase, the bars are consistently low throughout the day, indicating decreased activity. There are several blue horizontal bars at the top of the charts, representing sleep. A legend on the right side of the chart shows a line graph with a sharp dip, indicating a change in functional capacity.

sleep		High black bars: good daytime activity – a lot of activity interspersed with moments of rest
watch not worn		
no activity data		
		Low black bars: poor daytime activity—low level of activity and a lot of rest



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