The person in the photograph is not associated with the case

Jack – Once bedridden, now moves about on his own

A change in the medication for Parkinson's disease

THE SITUATION

Jack, an 81-year-old man, suffers from Parkinson's disease. Jack lives in a sheltered housing unit. He needs a lot of help to get around and to get things done.

THE SOLUTION

Jacks functional capacity was assessed on the basis of the wellbeing data produced by Vivago. The data in the wellbeing report was also used for monitoring the effectiveness of a change in Jack's medication.

SUMMARY

Wellbeing data was utilised as Jack's medication was adjusted. After the change in medication, Jack was better able to get around and his daytime sleep periods decreased. Jack's functional capacity has improved significantly and he is able to go out using his walker.

A more detailed description on the reverse side

Vivago wellbeing summary

	6 MONTH	3 MONTH	7 DAY	CHANGE
SLEEP TIME	6.58	7.01	9.54	Increased
SLEEP PERIODS	5.5	5.5	6.0	
DAYTIME ACTIVITY	16.2	15.3	12.3	
CIRCADIAN RHYTHM	0.33	0.31	0.12	

Vivago

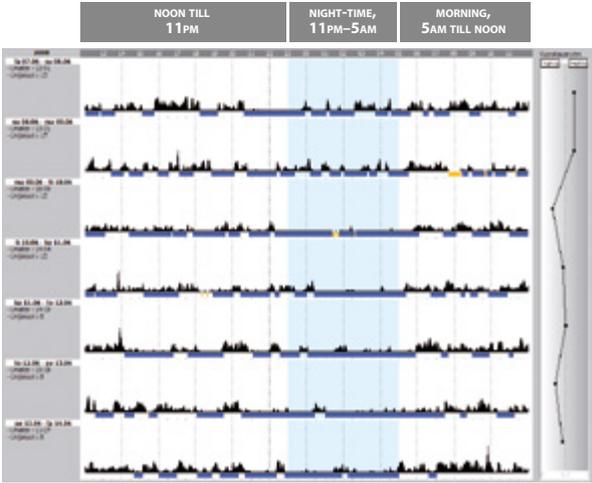# Jack – Once bedridden, now moves about on his own

Case Jack

Jack, an 81-year-old man, suffers from Parkinson's disease. Jack now lives in a sheltered housing apartment and his functional capacity is being monitored through the Vivago system. As he moved in, his medication was put under review. Stiffness clearly limited Jacks daily activities and he needed a lot of assistance in getting around and in his daily chores. In their medication assessment, Jack's nurse and neurologist utilised the data in the wellbeing report.
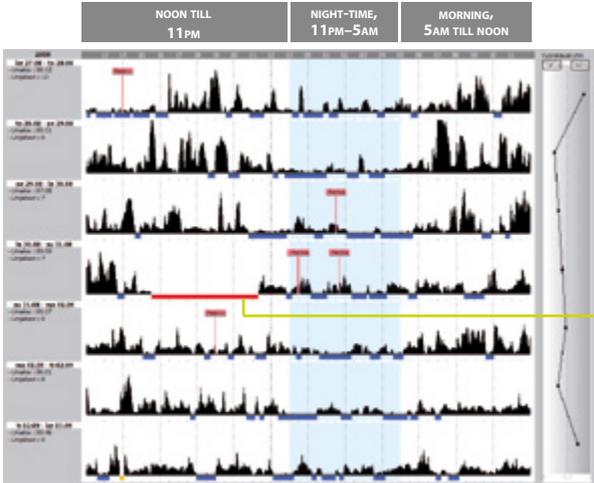
The doctor adjusted Jack's medication and now Jack's mobility has improved and he sleeps less in daytime. Jack is now able to move about on his own and needs less care. Jack's daytime activity has increased and he is able to go out using his walker. Jack's quality of life and functional capacity have improved significantly.

Jack's activity chart

| sleep |
| watch not worn |
| no activity data |

High black bars: good daytime activity – a lot of activity interspersed with moments of rest

Low black bars: poor daytime activity – low level of activity and a lot of rest

| NOON TILL 11PM | NIGHT-TIME, 11PM–5AM | MORNING, 5AM TILL NOON |

| NOON TILL 11PM | NIGHT-TIME, 11PM–5AM | MORNING, 5AM TILL NOON |

Situation
Jack's circadian rhythm has deteriorated and he sleeps a lot during daytime.

Situation
Jack's activity has increased and he sleeps less in daytime. Jack is able to go ut using his walker (red line).

Vivago