

George's life control and quality of life was improved

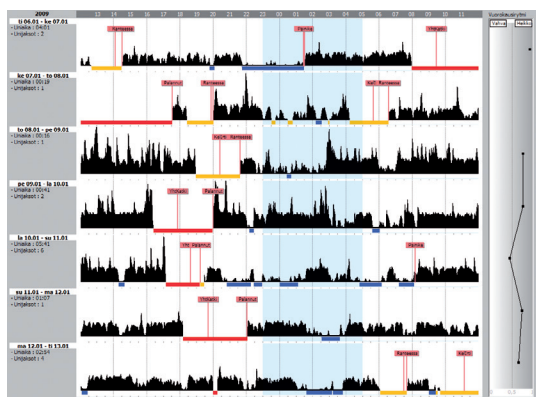
- predictability to treatment of bipolar disorder

The person in the picture is not involved in this case.

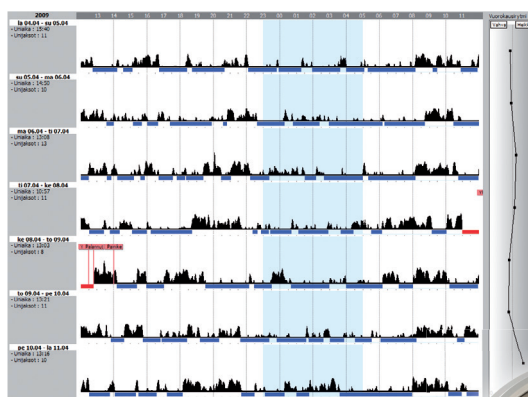
George is a 81-year old man. He has bipolar disorder that is treated by medication. He takes care of his own medication and gets along on his daily activities independently. In George's disease, regular rhythm of life, good sleep rhythm, avoiding overuse of alcohol as well as identifying proactive symptoms quickly are important.

Description: In the manic phase the disorder (the upper chart) George's amount of sleep usually decreases significantly. Vivago system notifies about **a change in functional ability - "Circadian rhythm weak"**. General restlessness and activity have increased significantly, which is seen on the activity curve as high activity and an increase in outdoor activities (the red line). In the manic phase of the disorder George also takes off the Vivagowatch from his hand and seeks the nurses attention. In the depressive phase of the disorder (lower chart) George's amount of sleep increases and daily activity decreases. The system reacts to the change and **"Daytime activity low"**-notification shows up on the nurses' phone.

As an action, George's medication is evaluated and the treatment setting is altered to control the symptoms and support the functional ability. George is encouraged to take part in support groups and daily exercise, as seen in the following description, the phases of George's condition are clearly seen on the activity curves and by looking at this information changes can be foreseen. The nurses can monitor the changes with medication to keep the disorder under control as well as preclude patient's self-destructive intents and reckless behavior. With help of Vivago VITA well being solution there is a reduction in acute sickness.



Manic phase



Depressive phase

Change:
Activity level has decreased, amount of sleep has increased

Reason:
Depressive phase of bipolar disorder



CEN9029v1.0

Vivago