

# The Quarterly

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*"I like working at healthy design because our innovations impact the lives of many people and improve the care they receive when they need it most"*

-Bryce Dyer

## Employee Spotlight

### Meet our Summer Interns

**Bryce Dyer** – A 2022 Graduate from Rutland High School and Stafford Technical Center in Rutland, VT, Bryce graduated with honors from Stafford Tech's Engineering Program where he earned college credits and industry certifications. While there, Bryce developed and custom-built a wearable assistive apparatus for smartphones for former Rutland City Mayor John Cassarino who was born without a left hand.



**Gavin Glosser** – Currently Gavin is enrolled in the Biomedical Engineering program at the University of Vermont and will start his junior year in Fall 2022. When Gavin graduates, he plans to find his career in the field of biomechanics. In his spare time Gavin spends most of his time mountain biking and fishing. His Dad is including him for the first time on a 10-day trip with 'the guys' at a lodge in northern Canada for Atlantic salmon.



**Colin Grund** – Born and raised in New Jersey, Colin attends University of Vermont pursuing a degree in electrical engineering. He enjoys hiking, skiing and just about anything outdoors. Colin enjoys hiking so much that during COVID restrictions he took a year off and through-hiked the entire Appalachian Trail. The hike was 2200 miles and took him 126 days to complete. After Colin graduates, he plans to find a career that is both satisfying and makes the world a better place.



**Benjamin Operhall** – A recent graduate from Champlain College in Burlington, VT, with a Bachelor's Degree in Game Design, Benji specializes in Game Development. They enjoy creating experiences for others and find game development to be the medium where they can do their best. Benji believes that creativity comes from the varied experiences one has in life and tries to do as many different things as possible such as playing guitar and learning a new language.



## Did You Know?



### Delirium is Dangerous

- More than **7 million** hospitalized Americans suffer from delirium each year. Delirium is a state of confusion that comes on **very suddenly**, lasts hours to days, and is associated with increased morbidity and mortality. It is a **medical emergency**.
- Hospital protocols such as **physical restraints**, bed rest, bladder catheters and **medications** can worsen delirium.

<https://bit.ly/delirium-ICU>

### Prevention is **KEY!**

- **Preventative** measures decrease the chances that patients **will suffer** terrifying bouts of delirium that could result in the **need for long-term care**.
- Clear communication, regular rest, familiar objects, avoid mind altering medications and encouraging mobility are ways to avoid delirium
- The **Exersides Refrains** blocks the dangerous delirium pathway and is designed to reduce physical restraints, sedation and encourage mobility at the very earliest stages. Less agitation results in less restraint and sedation which decreases delirium

*Even in times of trauma, we try to maintain a sense of normality until we no longer can. That, my friends, is called surviving. Not healing.*  
– Lori Goodwin

## In the News

### VFW Partnership

Healthy Design neighbors Post 648 of the Veterans of Foreign War (VFW) where we partner in the mission of reducing PTSD for our American Heroes and citizens.

We feel extremely fortunate that the VFW shares the passion and dedication in the humane and compassionate treatment of Veterans and active-duty military personnel when they need medical care. We want to reduce/eliminate physical restraint for them.

Lori Goodwin, US Airforce and US Army retired, was deployed to Iraq and knows firsthand the effects of PTSD. Goodwin says she is surviving but not yet healed. “Even in times of trauma, we try to maintain a sense of normality until we no long can. That, my friends, is called surviving. Not healing. We never become whole again ... we are survivors. If you are here today ... you are a survivor. But those of us who have made it thru hell and are still standing? We bare a different name: warriors.”



Right: Healthy Design CEO Marie Pavini MD showing gratitude to VFW Post 648 for collaboration on a drone video to highlight PTSD and restraints.

## Quality time at home: The Exersides Refrains for homecare

A qualitative explorative study was done through face-to-face interviews with nurses, and showed that clinicians had little input in the decision-making process of using restraints in older patients in the home care setting. The most common indication to restrain patients connected to medical equipment was to relieve care givers and families.

Wearers can move their arms and hands at-will while keeping their tubes and lines secure. Improved quality of life for patients and more quality time with their loved ones.



The Exersides® Refrains® is designed to improve patient and family quality of life at home and in the hospital. Home and hospice patients do not need restraints or constant presence of family or caregivers at the bedside if they are wearing the Refrains®.

*...clinicians had little input in the decision-making process of using restraints in older patients in the home care setting.*

## Healthy Design at NTI and ADS

Healthy Design attended **NTI 2022 in Houston Texas** in May 2022. NTI provided three days of unparalleled educational and inspiration content among nurses and providers of the critical care realm. This year was the first-time health care professional were able to meet in person since COVID back in 2021.

Healthy Design's CEO Marie Pavini MD FCCM FCCP delivered a lecture on the topic of restraints for the months-long digital NTI.

Healthy Design also attended the **American Delirium Society Conference in Indianapolis, IN** in June 2022. ADS featured cutting-edge work on research and clinical practice. Healthy Design and ADS work to improve delirium awareness, treatment and management to help patients & families achieve optimal outcomes through guidance & collaboration.

Healthy Design recently completed enrollment of its Phase II RCT at Hopkins, UCSD & UVM.



*NTI provided three days of unparalleled educational and inspiration content among nurses and providers of the critical care realm.*

*ADS featured cutting-edge work on research and clinical practice.*

## A Few Good Mentions

ICU Rehab Network  
[ICURehabNetwork.org](http://ICURehabNetwork.org)

ICU Delirium  
[ICU Delirium \(icudelirium.org\)](http://ICU Delirium (icudelirium.org))

American Delirium Society  
[American Delirium Society \(ameriandeliriumsociety.org\)](http://American Delirium Society (ameriandeliriumsociety.org))

Restraint Reduction Network  
[Restraint Reduction Network \(restraintreductionnetwork.org\)](http://Restraint Reduction Network (restraintreductionnetwork.org))

Healthy Design  
13 Willow Street  
Rutland, VT 05701-4010

Phone (802) 821-1002  
E-mail hello@exersides.com

"...where common sense  
meets healthcare..."



We're on the Web!  
www.Exersides.com

## A Message from C4 (*Chief Culture Change Catalyst*)

Dear Fellow Patient Safety, Mobility, and Cognition Advocates,

This quarter we are highlighting our summer intern program. This is special for me because having now been involved with Vermont and Massachusetts colleges in Capstone, SEED and regular class curricula for 5 years, what I see is encouraging. Our students are altruistic, collegial, and creative with an eye toward economy and sustainability.

When infused into our research and development program, we see empathic solutions with youthful energy that motivate us to stay focused on our goal to create a patient environment of safe mobility and better cognition.

This means not only allowing safe freedom of movement to confused or intubated patients attached to vital tubes and lines, but also what they will be able to do with that freedom. If patients are less agitated, we can do MORE with them, like cognitive stimulation and meaningful mobilization that does not depend on a staff member. We can also do LESS with patients, like administering fewer sedating medications which leads to fewer complications. Our R&D sights to accomplish these goals are wide yet within reach.

I hope you enjoyed this glimpse into our focus and philosophy. Our top leadership is comprised of doctors, nurses, and therapists. We want what you want.

Yours truly,

*Marie T. Pavini MD FCCM FCCP*

## Summer In Vermont



Follow Us on Social Media! "ExersidesICU"

