



# Quarterly

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*“I act as the voice of continuous improvement, helping to identify opportunities and guide them through the proper process.”*

—Cortni Kapitanski

**EMPLOYEE SPOTLIGHT**

## Meet Cortni Kapitanski

*Quality, Regulatory, and Business Process Administrator*

Cortni joined Healthy Design during expansion to our new headquarters in beautiful downtown Rutland, Vermont. Since then, she has established herself as the owner of the company’s Quality Management System, so critical to the success of any medical device company. Everything we do at Healthy Design must be monitored, measured, and documented, and Cortni stays on top of all these details and ensures that we maintain ISO-13485 compliance.

Cortni is a native Vermonter and loves the outdoors, spending much of her time there with boyfriend, Greg. She has a natural ability to keep order and assure accuracy. Of her role Cortni says, “I act as the voice of continuous improvement, helping to identify opportunities and guide them through the proper process.”



**DID YOU KNOW**

## What’s in a Label?

Healthy Design manufactures its products at our FDA compliant 10,000 sq. ft. facility in Rutland, Vermont. When an institution receives the Exersides® Refraint®, it comes ready to use in labeled packaging. Behind each device, and each label, are hundreds of steps to ensure that every device is perfect and ready to provide benefits as intended. Each piece, part, and assembly is verified and validated. Suppliers are subjected to stringent approval processes and regular audits. Every attribute of the finished product is tested, inspected, and documented, and can be traced from the end use location to the source. This rigor is present in the numerous codes and



symbols on the product label. The label placed on the device packaging is unique to that item and loaded with detailed information about the journey the Refraint has taken to deliver its promise to patients and caregivers. Our commitment to quality, safety, and clinical benefit lives in the professionalism and attention to detail exhibited by the entire team at Healthy Design—all labels we wear with pride.

*Without our innovations, and their adoption by bedside staff in hospitals, knowledge from research cannot translate into results...the grants also fund our R&D and product development efforts...*

#### IN THE NEWS

## Congress Demonstrates a Commitment to Innovators Like Healthy Design

Our commitment to changing the course of bedside care for our most vulnerable patients starts with clinical expertise and close relationships with the research community. Healthy Design receives its funding from the National Institutes of Health (NIH) through the Small Business Innovation Research and Small Business Technology Transfer (SBIR/STTR) Program.

Healthy Design has received five such grants in its short history which has funded research and development of

innovative devices for vulnerable patients and translation of knowledge and understanding into our groundbreaking products. Without our innovations, and their adoption by bedside staff in hospitals, knowledge from research cannot translate into results. Healthy Design is proud of our research partnerships, and our partners are proud of our continuing success. The SBIR/STTR program makes all of this possible. Below is an excerpt from the announcement on September 29, 2022 from the Small Business Administration.

### Administrator Guzman Applauds Passage of Small Business Innovation Research (SBIR) Program Reauthorization, Committing to Scientific and Technology Innovation

WASHINGTON, Sept. 29, 2022 – Administrator Isabella Casillas Guzman, head of the U.S. Small Business Administration and voice for America’s 33 million small businesses in President Biden’s Cabinet, released the following statement today after the House voted to reauthorize funding for the Small Business Innovation Research (SBIR) program:

“Today’s Congressional vote demonstrates overwhelming bipartisan support for the Small Business Innovation Research program which is vital to our nation’s capacity to innovate and improve the lives of all Americans. When President Biden signs this bill, America’s innovators, scientists and entrepreneurs will have another three years of certainty as they continue to create opportunities which lead to jobs and equity in our nation’s innovation economy. If past performance of the SBIR program is any guide, new generations of entrepreneurs will be breaking barriers in science, medicine, and technology, while ensuring that the United States maintains its position as an innovation leader at the forefront of science and technology in a rapidly evolving global market. A new three-year reauthorization for SBIR is a significant win for our nation’s small businesses and the American jobs it supports.”

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

One thing that becomes evident to me as Healthy Design continues to innovate is that the products we offer must integrate seamlessly with the crux of our mission statement, “to allow a more mobile and interactive patient”. This realization is much of the reason that we include training and education, both as stand-alone products and gratis with the Exersides Refrains.

While this safe restraint alternative makes impacting so many complications possible, integration of reduction of restraint, agitation, sedation, delirium, and PICS along with preservation of cognition and spirit is compulsory for successful execution of total bedside care. Without understanding how each of these goals interplays with the others, we cannot administer the correct dosages of care at the appropriate times to result in improved healing, lower costs and better experiences for patients, family and staff.

This has led to an exciting partnership with Healthy Design and Hartford Hospital

as we endeavor to finalize our prototype of DelTrain™ VR, Healthy Design’s virtual reality staff ‘**Bedside Empathy Immersion Training**’ or ‘**BE IT**’ for Delirium. Other training modules include ‘Difficult Conversations’, ‘Staff Safety’, and ‘Early Mobilization’, among others.

Virtual Reality training allows the user to understand important topics in a memorable and meaningful way. In the Delirium Module, the trainee enters the VR session in the body of the Patient where they are transported to another world in which they will remember how the virtual CareGiver made them feel. Then entering as the CareGiver, the User is guided to make choices and instantly see their effects on the virtual Patient.

Contact us for a sneak preview and an Early Adopter opportunity. Of course, any type of training on General Bedside Care is worthwhile.

Learn, learn, learn!

Yours truly,

Marie T. Pavini MD FCCM FCCP

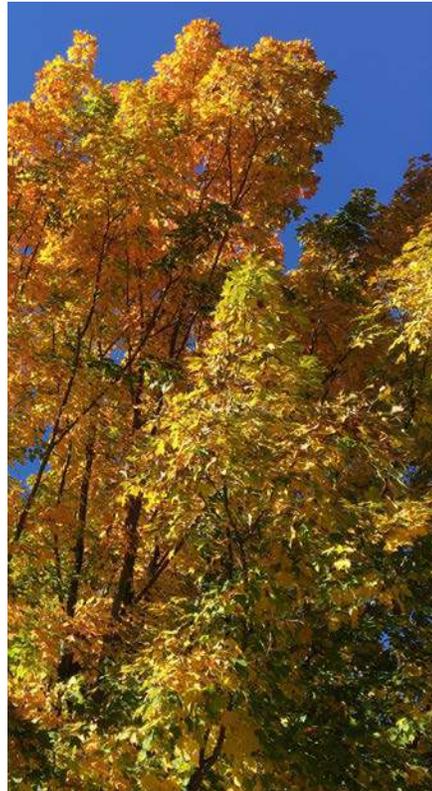
### A FEW GOOD MENTIONS

## Upcoming Conferences—Fall 2022

- 10/16–10/19 **CHEST ACCP** (American College of Chest Physicians) Nashville, TN
- 10/17–10/21 **NCS** (Neuro-Critical Care Society) San Antonio, TX
- 10/18–10/19 **Virtual Reality and Healthcare Europe Symposium** (IVRHA) Lisbon, Portugal
- 10/20–12/19 **Johns Hopkins ICU Rehab** (Recorded) Digital
- 10/22–10/24 **ANLC** (Academic Nurse Leaders Conference) Washington D.C.
- 10/27–10/28 **Nursing Leadership Summit** Austin, TX
- 11/2–11/5 **ICU Rehab** (Live) Digital
- 11/19 **VR Day** (Global)

**We’ll  
be here—  
Come see us!**

HOME IN VERMONT



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meets healthcare..."*

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