

The Quarterly

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"...this position has incorporated my love of sewing and years of nursing experience.

This company encourages me to help create a product that will benefit both patients and make nursing care more effective."

—Eva Osmun

EMPLOYEE SPOTLIGHT

Meet Eva Osmun

Eva is a retired nurse and skilled sewist. She is also an accomplished quilter and has created hundreds of quilts for show and family. In her years as a nurse administrator, Eva watched over dialysis patients and as a clinical coordinator she improved the quality of life for home care patients. She also served as an ICU night



Eva Osmun with one of her handmade quilts.

supervisor. When Eva retired from nursing, she was able to devote more time to her craft projects, husband George, cooking, and her children and grandchildren. Eva's upbringing was influenced greatly by her German grandmother who instilled her solid work ethic, and she can still speak a bit of the language.

Eva spends her work time making SoftKits for the Exersides Refraint and has joined one of Healthy Design's Research & Development teams for an upcoming addition to its family of products. She says, "I've worked in several areas of nursing throughout my career. I've had many favorites but this position has incorporated my love of sewing and years of nursing experience. This company encourages me to help create a product that will benefit both patients and make nursing care more effective."

We don't know where she finds the time to do everything she does, but we sure are glad she fits us in!

It is not enough to be aware of the complications associated with delirium. One must understand what a patient experiences...

DID YOU KNOW



(left) VR headsets ready for use. (right) Intubated patients often feel as if they are drowning as they hallucinate and experience delirium.

DelTrain™ VR Immersive Delirium Education Platform

Healthy Design continues to establish itself as innovation leader for the most vulnerable patients in the hospital and acute rehab environments. It is not enough to be aware of the complications associated with delirium. One must understand what a patient experiences when they suffer from delirium, and recognize through empathy training how the caregiver's decisions and behavior positively and negatively affect the fragile mental state of a restrained and sedated patient.

DelTrain™ VR utilizes breakthrough Virtual Reality technology to provide a multi-sensory experience to caregivers.

Through a series of role playing modules, DelTrain™ VR reinforces the importance of eliminating the root causes of delirium—some of which are also addressed by the Exersides® Refrains®. Healthy Design's virtual reality staff training platform also offers immersive training for Early Mobilization, Nurse Safety, Difficult Conversations, and other important topics.



Castleton Nursing School Partnership

Castleton Nursing School juniors and seniors experienced Healthy Design's DelTrain™ VR Delirium Module which put them in the body of a delirious patient.

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



As this is a time for new beginnings and positive changes, I would like to call out some of the little miracles I have been witnessing.

1. I see our younger colleagues demonstrating love and advocacy for their patients. They are passionate and see common sense clearly. They say, "Why not?".
2. I see older colleagues interested in leaving a positive legacy, wanting to make changes that will live on after they retire.
3. I see students wanting to be the next great innovator to solve problems

in healthcare, eager to learn and acquire the tools to unleash their own creativity.

4. I see those of us who served during COVID, now regaining our strength and searching for solutions to the problems that were highlighted.

In terms of restraint and agitation reduction leading to delirium and PICS prevention, I believe these New Year observations signal hope for change toward thinking of patients as our family and neighbors. I believe this will help us use our common sense and our hearts to solve problems that require sacrifice and new ways of looking at things.

Happy New Year!

Marie T. Pavini MD FCCM FCCP

"I believe these New Year observations signal hope for change toward thinking of patients as our family and neighbors."
—Marie Pavini MD

A FEW GOOD MENTIONS

The **Neuro-Critical Care** conference in Texas this past October was a resounding success for Healthy Design. Attendees expressed great interest in creating a safe way for neurologically-injured patients to preserve brain-muscle connection through safe early freedom of movement when lines and tubes are a concern.



UPCOMING EVENTS

January 21-24 **2023 Critical Care Congress (SCCM)** San Francisco, California

Daily 9:00 - 9:10 AM Healthy Design Booth #536

Restraint and Sedation Minimization, Delirium and PICS Prevention, through new products developed by ICU Staff

Marie Pavini MD FCCM FCCP

Saturday 1/21 9:30 - 10:30 AM

Give Hugs, Not Drugs! Managing Pediatric Delirium

Monday 1/23 9:45 - 11:45 AM

The ABC's of Sedation and Delirium Management in Adult Patients

IN THE NEWS

Local Coverage

Dr. Pavini was interviewed recently by *Seven Days* in Burlington, VT. See the complete article [here](#).



Nurse Safety

Hospitals could be cited for failing to prevent violence, CMS says

"The Centers for Medicare and Medicaid advise health systems about their responsibilities to protect staff and patients, and the agency says it will take action against those who aren't doing enough." [more](#)

—Chief Healthcare Executive

The need for restraint alternatives

Interprofessional intensive care unit (ICU) team perspectives on physical restraint practices and minimization strategies in an adult ICU: A qualitative study of contextual influences

"...lack of access to restraint alternatives, and inability to control environmental contributors to delirium and agitation further increased PR [physical restraint] use." [more](#)

— British Association of Critical Care Nurses



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meets healthcare..."

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HOME IN VERMONT

