Getting To Know ABBY
Enhancing Meaningful Activity For Staff and Patients On An Acute Tertiary Geriatric Psychiatry Unit with Innovative Technology

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Our Why
Boredom and lack of meaningful activity in care environments have been associated with increases in neuropsychiatric symptoms\(^1\). Engagement in meaningful activity on an inpatient hospital unit is challenging at the best of times given the complex care needs of patients. Innovative technology-based solutions have the potential to provide front-line care staff with easy to use pleasurable activity that enhances both the quality of life for patients and care staff.

Description of ABBY
ABBY is a wall mounted computerized unit that has been designed by Ambient Activity Technologies\(^2\) for persons with dementia. It is based on Montessori principles\(^3\). It includes interactive touch-screen monitors, sensors and programs with familiar, tactile and activity based experiences. These may include turning a wheel, flipping a switch or petting a cat. This interaction then accesses media content such as games, pictures, music and videos.

Our geriatric population
58\% female  42\% male
Average age of patient 72
Average length of stay (days) 65

Some numbers
Admission NPI-NH Score\(^4\): 25
Admission MMSE Score: 17
Admission Frailty Score\(^5\): 6.15
Primary diagnosis (% of patients):
1. Dementia 41\%
2. Schizophrenia 19\%
3. Delirium 12\%

Project
Hillside Centre is a 47-bed acute tertiary mental health hospital which has a 12 bed secure geriatric psychiatry inpatient unit. Our unit supports the Interior and Northern Health Authorities of BC.

As the first hospital in Canada to use ABBY, we developed a quality improvement project with several objectives in mind:
1. Assess the patients’ ability to use the ABBY technology
2. Promote meaningful activity for patients
3. Assess staff use
4. Increase staff job satisfaction
5. Increase family satisfaction in the quality of their visits

We developed satisfaction surveys for patients, families and staff. Some of the results from these surveys are highlighted in the survey results section of this poster.

Our project spanned 7 months, with a start date of December 1, 2018 and an end date of June 30, 2019. This poster will highlight information from this project time frame.

Tips for Success
• Install ABBY in a central spot on unit that all patients can access
• Install ABBY at a seated height, so the unit is accessible to people in wheelchairs
• Provide patients prompting and help to use ABBY, as needed
• Orient patients, family and staff to the ABBY use prior to use

Results

Patient Survey
% of patients said YES to the patient survey questions
I will use ABBY again
83\%
I have had help using ABBY
50\%
I can use by myself
100\%
ABBY is easy to use
83\%
ABBY is fun
100\%

Family Member/Visitor Survey
• They liked using ABBY during their visit
• They would recommend ABBY to other visitors

Staff Survey
When did you use ABBY most often?
00:00 - 04:00 0% 10% 0
04:00 - 08:00 10% 80% 0
08:00 - 12:00 0% 0% 10%
12:00 - 16:00 0% 0% 10%
16:00 - 20:00 0% 0% 10%
20:00 - 24:00 0% 0% 10%

Responsive behaviours that prompted use of ABBY
Responsive behaviours

Next Steps
With phase one of this project now complete, we are looking to the future. Next steps include developing experience with personalizing the content of ABBY. We are interested in collaborating with others on this journey.

References
2. ABBY is a technology developed by Ambient Activity Technology (www.ambientactivity.com)