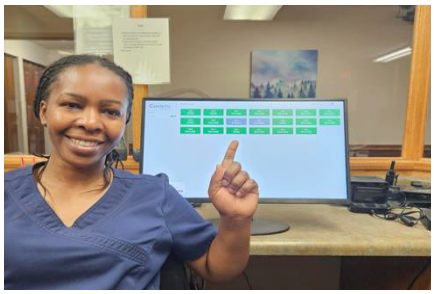
COGNITO HEALTH

Clinical Evaluation of Cognito Monitoring System for fall and pressure injury risk nursing home residents



Park River Estates Care Center
Coon Rapids, MN

Staff Comments:

" I like that the system tells me that a resident may be getting out of bed before they are actually out of the bed. We can't be everywhere at once."

" I like that the system reminds me that a resident needs a reposition and resets when the resident moves themselves so that I don't have to bother them"

Leadership Comments:

Alicia Leavitt - DON

"We are so pleased and proud of our team in preventing so many unassisted bed exits for our fall risk residents. Every unassisted bed exit is a potential fall or fall with injury for residents at risk."

Kim Pederson - Administrator

"We see great value in the Cognito system as an example to our referral sources of how we are implementing Digital Health/AI technology to help keep residents safe."

"Every resident and/or family member contacted for consent thought this technology would be a great addition to help keep themselves/their loved one safe."

For more information on Cognito, contact:
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BACKGROUND

Resident falls and pressure injuries are the largest category of reported adverse incidents in skilled nursing facilities resulting in significant negative outcomes and increased cost. Fifty percent of people in skilled nursing facilities will fall in the next twelve months, and almost one third of those that fall will suffer some type of injury. The annual direct and indirect costs for fall related care across all healthcare settings is estimated to reach $50 billion. Brain injuries and injuries to the hips, legs and feet are both the most fatal and costly of fall injuries accounting for 78% of fatalities and 79% of fall related costs.

CHALLENGE

Park River Estates Care Center (PRECC) is a 99 bed CMS 5 Star facility providing top rated skilled nursing and transitional care. PRECC is highly interested in providing tools for staff to continue to provide top rated care and safety for its residents. PRECC also feels that the Cognito system would give them an opportunity to document improved care metrics and demonstrate their embrace of digital health to their referral sources.

SOLUTION

The Cognito system is a predictive, contact-free and continu ous monitoring system that uses AI and machine learning models to help staff reduce patient falls and pressure injuries:

- **Predictive patient monitoring:** preventing adverse events ***BEFORE*** they occur- helping to keep patients safe
- **Data aggregation and analysis** to provide clinical insights for proactive, individualized care planning
- **Improving nursing efficiency** - helps to better identify when care is needed and provides guidance on where staff needs to focus

RESULTS

The Cognito system was deployed on 20 resident beds in the facility's North Hall. After a day of in-servicing staff on all shifts, staff felt comfortable utilizing and responding to notifications from the dedicated display installed at the North Hall nursing station. Customized fall and re-positioning notifications were set up for the residents by clinical leadership which minimized unnecessary and false notifications. Both staff and leadership found the system easy to set up, use and maintain. **Over the first 90 days of the evaluation, PRECC staff prevented 947 Unassisted Bed Exits from fall risk residents** (captured from system dashboard). Customized re-positioning schedules and the elimination of unnecessary repositions assisted staff to prevent Pi's and minimize disruption for residents. Facility leadership is excited about early results, they are now evaluating the clinical insights provided through the analysis of the pressure and movement data collected by the Cognito system. Purposeful rounding, change in status based on activity levels, and proactive pressure injury risk interventions are some of the potential uses of the Cognito data.