

2015 Analysis and Review

Lauren Sobol, Wexner Heritage Village Clinical Analyst

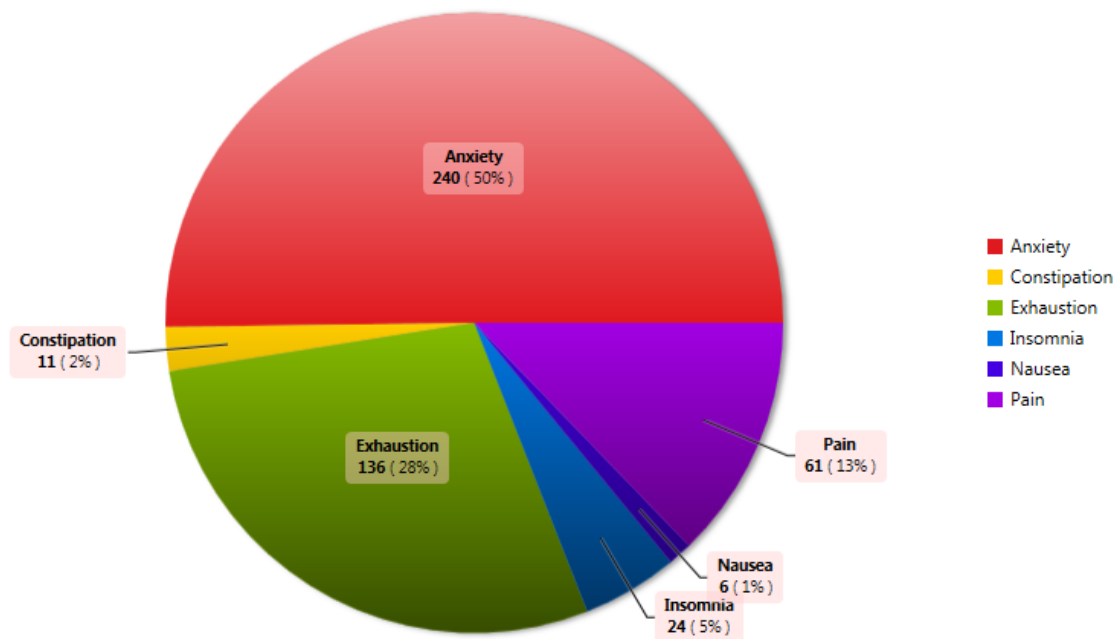
602 documented visits occurred on the Wexner Heritage Village campus in 2015. Patients, family members and staff experienced Urban Zen Integrative Therapy (UZIT).

- 281 individuals in Zusman Hospice
 - 38% patients, 36% family, 26% staff
- 131 documented visits occurred in Rehabilitation
 - 85% patients, 3% family, 12% staff
- 96 documented visits occurred in Long Term Care and Memory Care
 - 61% patients, 29% family, 10% staff
- Remaining visits occurred at Bexley Heritage Apartments, Heritage Tower, or Creekside at the Village

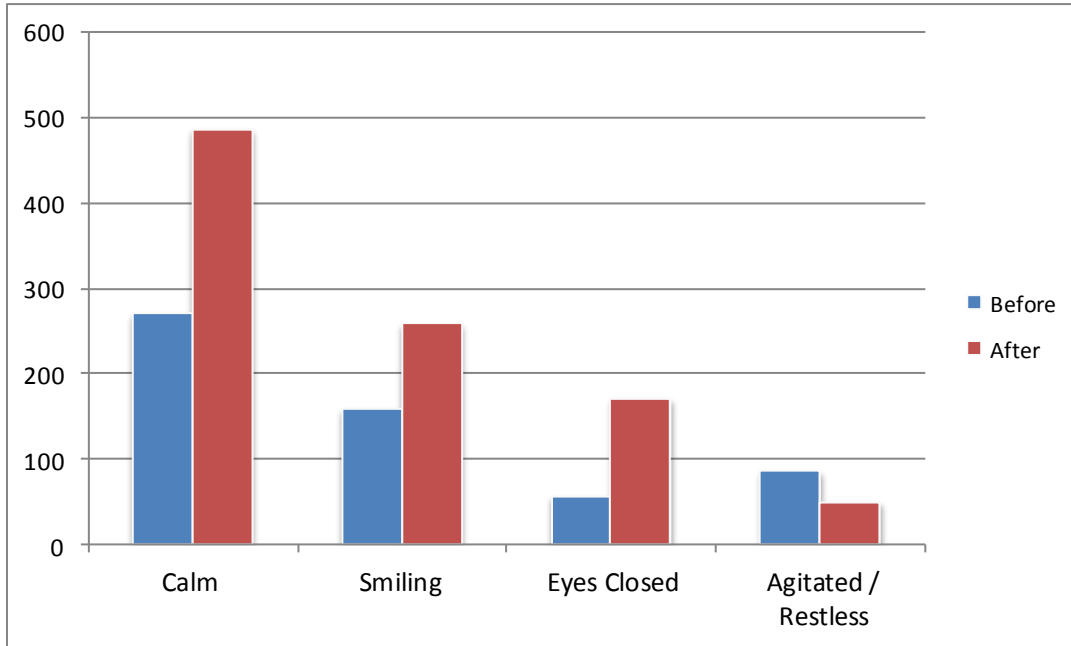
Length of session has been proven to be directly correlated with impact of Urban Zen Integrative Therapy.

- **The mean session time in 2015 was 35 minutes.** Visit times ranged from 1 – 122 minutes.

There are many afflictions associated with clinical settings that provide a need for UZIT. The majority of initial complaints providing discomfort were anxiety and exhaustion.



Therapists also recorded visual and verbal observation of the treatment recipients. Before Urban Zen Integrative Therapy, the quantity of individuals smiling and calm was low compared to the observations after Urban Zen Integrative Therapy. More individuals closed their eyes during the session than before. Agitation and restlessness were measured on the same scale. This symptom decreased due to Urban Zen Integrative Therapy. This continues to provide the value of UZIT.



Pain level and chief complaint were recorded on a 0 – 10 scale (0 – no pain or discomfort due to chief complaint, 10 – severe levels of pain or discomfort due to chief complaint) both before and after the intervention. Both decreased substantially due to Urban Zen Integrative Therapy.

