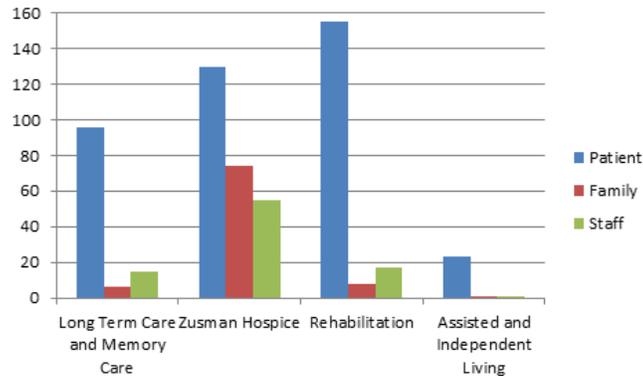


## 2014 Analysis and Review

Lauren Sobol, Wexner Heritage Village Clinical Analyst

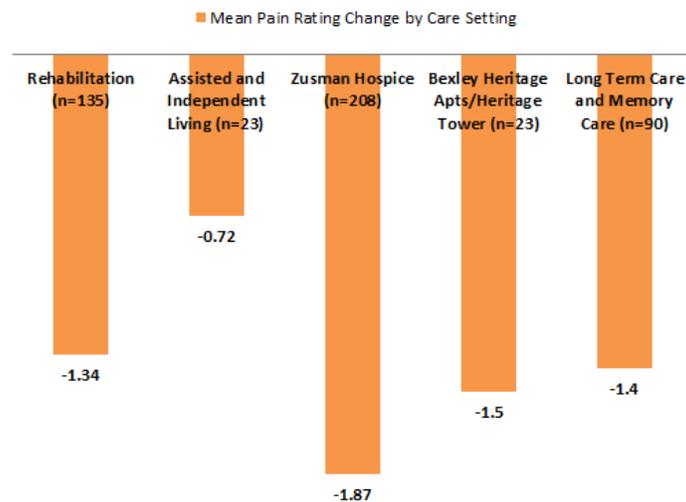
**623 documented visits occurred on the Wexner Heritage Village campus throughout the year.** Patients, family members and staff experienced Urban Zen.

- 259 individuals occurred in Zusman Hospice
  - 50% patients, 29% family, 21% staff
- 180 documented visits occurred in Rehabilitation
  - 86% patients, 4% family, 10% staff
- 117 documented visits occurred in Long Term Care and Memory Care
  - 82% patients, 5% family, 13% staff



The most significant way to measure impact of Urban Zen was examining overall change in pain levels. Measurements were determined from therapist documentation of both before and after UZIT. Pain was ranked on a 0-10 scale according to the Wong-Baker FACES® Pain Rating Scale.

- **Pain level decreased an average of 1.37 units per session for all care settings documented.** The most significant impact on pain level was seen in Zusman Hospice. Pain decreased an average of 1.87 units with Urban Zen.
- The smallest impact was with Assisted and Independent Living where pain decreased an average of 0.72 units per Urban Zen session.



Pain was also examined by recipient of Urban Zen Integrative Therapy.

- **Pain level decreased an average of 1.07 units for all recipients documented.** Patients experienced the greatest impact with a 1.25 decrease in pain level while staff experienced the least impact with a decrease of 0.72 units.

Narratives are truly powerful in reflecting on Urban Zen. The information below provides a snapshot of comments provided to therapists during and after Urban Zen sessions.

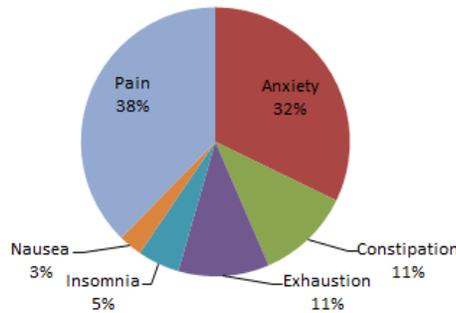
- Bexley Heritage Apartments and Heritage Tower Patients
  - *"I don't want to move. I feel so relaxed."*
  - *"I feel light, alive, and vibrant!"*
- Zusman Hospice family members
  - *"I feel relaxed, but then you keep talking through parts (of the session) and I become more and more relaxed."*
  - *"I feel more relaxed than last time we had a session. I feel so light I can float out of here like a ghost!"*
- Zusman Hospice staff
  - *"Now I'm ready to start my day! Can we do this every day?"*
- Long Term Care staff
  - *"I feel all the stress melting away and I feel so peaceful."*
- Rehab staff
  - *Staff member was exhausted, feet were in pain and ranked pain an 8. Exhaustion was a 10. Pain dropped to a 1 as well as exhaustion. Staff member called a friend over to get a session.*

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

- **The mean session in 2014 was 28.15 minutes ± 16.1.**
- Visit times ranged from 5 – 95 minutes.

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

### Primary Reasons for Urban Zen



Therapists also recorded visual and verbal observation of the treatment recipients. Before Urban Zen, the quantity of individuals smiling and calm was low compared to the observations after Urban Zen. This continues to provide the value of treatment.

