

Kristen Sorensen Gosvig

Manager of Alhomhjemmet Care Home, Hillerod Kommune in Denmark

Innovators in Healthcare Presentation

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Transcript

Introduction

Thank you. First, I would like to say thank you for the invitation to talk about our investment in and work with Circadian Lighting.

I am a manager of Alhomhjemmet, which is a nursing home for people living with dementia. We have 46 apartments. And approximately 60 employees. We are located at the outskirts of Hillerod Kommune in Denmark, which has approximately 55,000 inhabitants. In 2013, our development manager was at conference where she heard about Circadian light for the first time, and she was thrilled. She was very concerned that we should have that in all our homes. She said it was one of the few initiatives that have a good effect on both residents and staff, and it should be pretty easy to implement. And that was her most important argument for why we should do this. So in 2014, we applied to a pool for the money because it's very expensive, but we were unfortunately refused.

First installation

So in 2015, we could see that someone else had been given money for the circadian light, but we hadn't applied for it. So we tried again in 2016, and we were refused again. They said we were too late. So we decided to find the

money in our budget because we really wanted this light. When there were vacancies, we delayed the hiring of a new employee for one, sometimes two months, in order to save up for the circadian lighting, which would cost us approximately 200,000 euros.

We had the first circadian light set up in autumn 2016. We bought the light in four steps to spread the cost over three budget years. In the spring of 2018, we had circadian lighting in all the corridors, in the kitchen and living rooms, and in all the departments, and we also decided to have them in the offices.

We did not buy the lights for the apartments because the costs were too high. The cost for the apartments would be about the same as for all the other places, about 200,000 euros. So that was a lot of money. We decided that most people would benefit by having it in the kitchen, living rooms and corridors.

Benefits

When we switched on the first stage, we could feel the effect immediately. The night employees, who did not have circadian lights because we only had put it up in one corridor, came and asked when they would get it in their department.

And the feedback was that the residents slept better. If they got up at night, they looked into the hallways, and after a little while, they would turn around and return to bed. If they went out in the hallways for a walk, it was pretty easy to get them back to bed. And because we, of course, want them to spend the night in their bed and sleep, because it's the best for them, it was a big success, because before, we had quite a few who were wandering around during the night, because we had too much light.

The effect has continued. It's still the same today. They look out and go to bed, or they take a little walk, and we help them to bed. Sometimes we offer a resident a cheese snack if we can feel that they are hungry. But once it's eaten they are happy to go back to bed because they only have the night light, as you see on the slide here.

So the whole system is still calm and sleepy, but they get the food they need. And then they can sleep again. Today we have far fewer residents who do not sleep at night. And before we had light, no matter what time of the year we always had residents wandering around.

Now we can see the big difference because there is more quiet. Of course, we sometimes have some wandering around, but mostly they are asleep in bed. We

also feel that we can see it in the new residents we take in. It sometimes says in the records that they have, they don't sleep much, and there's a problem with them during the night, but our experience is that they pretty fast settle in with us and are only awake briefly at night if they don't sleep all night from the beginning.

Employee feedback

The employees are also excited about this light. The feedback the day staff gave us was that they had more energy and fewer headaches when they worked and went home from work. The evening staff said they slept faster when they came home because the system had already calmed down, and the night shift gave us the same feedback.

We also make sure to write in the job advertisement we put up for the night shift that we have this circadian light, and most of the applicants who call us or come to visit to see the house usually ask about it and find it very interesting. When we hire new people, new, especially night shift people, after a few days they tell us how nice it is to have this light. Many of the ones we hire are from night shift teams from other places where they don't have the light.

So it's always interesting for us to hear how they feel the difference.

And they do feel the difference: the headaches, they have more energy, they don't use as much energy during the night as they did at their former job, and they fall asleep more quickly when they come home. These are some of the things they usually tell us.

The night team are very quick to tell us if something is wrong with the light. We had a lightning strike one night and the light turned on full blast all night. So next morning they told us that we had to do something about the light because that wasn't good.

And we called the company we bought it from, Chromaviso, and they came the same day and fixed it for us. They could see that some of the parts were ruined because of lightning. But they fixed it, so we didn't have the full light. As soon as they got the components, we got the perfect lights back again.

They are very quick if we need their help. So the lights always work as they should, and we seldom need that help because somehow it just works.

Value for money?

I have recommended the circadian rhythm light to everyone who has asked as I experience it as a benefit for both employees and residents and at the same time, it's easy to implement.

It's expensive, yes. But it is worth the money.

We are now building one more residential home in this community. And I have talked about this circadian light and said it was a very good idea. So now they are looking into it, the cost, and all that. But right now it looks as though they will make this a priority and put it in the budget.

So I think that's a very good thing. Thank you very much for your time.

Shelley James

Thank you so much. That was another fascinating presentation. Also, the quality of the collaboration that you have with ChromaViso, you can just see how critical that, that really is.

John Bullock

It's more of an observation than a question, but I would be interested to see what Kirsten has to say about it.

We're often conflicted, I think is probably a decent enough word to use, about lighting for staff in these situations.

I think, Kirsten, you've got the nighttime lighting in the circulation areas in the corridors - that's your standard low level of illumination throughout the night, and the staff are perfectly comfortable with that very low level of light.

Kirsten Sorensen Gosvig

Yes, they are.

John Bullock

Whereas there's always this assumption that when there's a carer walking down the corridor, you've got to give them more light. And I think we're starting to ask ourselves that question as to whether that, strictly speaking, is necessary.

Kirsten Sorensen Gosvig

We have the night light, as I call it, from 10 p.m. to 7 a.m. the next morning. And we have this thing on the wall where they can push a button and get full light if somebody falls or something happens. But they have never used it. They have never used it. Once in a while, I ask them about it, but they say it's not necessary.

In the apartments where we don't have the circadian light, they have full light and it's often in those apartments where they have to do something that takes time, or where they need a lot of light.

But in the hallways, kitchens, and living room they have never turned on the full light. They really like the calm light.

John Bullock

I'll take that as some sound, evidential design; it works.

Shelley James

Just a question then have you then found the money to do the bedrooms as well, or are you just leaving them as they are?

Kirsten Sorensen Gosvig

Right now, we have four bedrooms out of the 46, and we are leaving the rest right now. Everything costs, and it's hard to get employees, so they get higher wages.

Shelley James

So are you seeing a difference in the behavior in the four rooms that have the upgraded lighting?

Kirsten Sorensen Gosvig

All the people living with dementia at our house, so it's pretty hard to see it on the residents.

But we had a new resident coming in, and the staff asked if we could get the light in his apartment because they could see the difference between the four apartments and the apartment where he lived.

And that told me that they use it when they are there. I just don't hear about it!