

# FINAL

# Transcript of Jim Hempel

## Innovators in Healthcare

### 17 April online

#### Introduction

Jim Hempel (00:05)

Hello. Nice to be here. My name is Jim, and I am a social healthcare assistant and have been doing that for 34 years now.

I will talk about the Herluf Trolle Care Home. It is 20 years old and I was with it from the start. It's five houses with nine or 10 residents in each house, and one house with an office and meeting rooms. I think half of our residents have dementia.

#### Test installation in 2018

One of the houses was included in a study with circadian light in 2018 to see if it had an effect on residents and staff. Of course, we said yes!

So, circadian light was installed in the house with nine residents in May 2018, and it was great.

I have to tell you, it was great.

#### Reduced medication, reduced aggression, improved sleep in residents

Over a period of 10 months, we saw a lower consumption of medication in our residents. Before, we had a lot of people walking around trying to get out, but now they were starting to sleep better. The residents were not so aggressive. They became more social in the common room and more active in daily life.

One resident started going to bed at 10 p.m. instead of in the middle of the night because of the light.

## **Clear difference between the homes with and without the circadian lighting**

*Age Of Light Innovations*

*Your care home is one in a cluster of five or six. Can you clearly see the difference between the ambience in your care home with the lighting and the other care homes?*

Jim Hempel (02:57)

Yes. When we come into the house with the circadian light in the middle of the day, it's very bright. But it's so nice to work in. You can see the difference in the light from the early morning and the night. Staff in the night say it's very nice to work in, too.

## **Reduced headaches, improved energy levels and sleep, 2 days less sickness over 11 months**

*Age Of Light Innovations*

*I think you were saying before that the staff preferred to work in the home with the circadian lighting.*

Jim Hempel

Yes, They love to work in their light. If we start in the morning at seven, it feels as though the sun is out. It's so nice to work in. You're just going to be in a good mood when you're working in that light.

And some staff experienced more energy during the day. They suffered from fewer headaches, and they said it is a good light to work in. The staff in the house with circadian lighting had two days less sickness than the rest of the house over an 11-month period.

And I talked to the people who were working in the evening and in the night.

They said it was easy for them to go home after their shift and fall asleep.

## **Extending circadian lighting to the rest of the Region**

And good news, I've been working with the light for seven years now, and it's wonderful to work in the town I'm living and working in: they just decided that the rest of our care homes are going to get circadian light this year or next year.

*Age Of Light Innovations*

*I think you've been really instrumental in promoting the idea.*

Jim Hempel

I was talking to some of the people who are making the decisions, and it's good for them to see our house and look at how it is working in real life.

### **Investment: 10 million Danish Krone (+/- € 1,140,000 )**

I think it's around 10 million Danish Crowns investment to fit out all the houses in Odense. So we will start with the rest of the homes on our site and take rest of care homes in the region one by one, one on one.

It's very expensive, but given the results we have seen, I think it's good investment.

*Age Of Light Innovations (04:36)*

*It's so inspiring to know that this is becoming normal in your community. So thank you very much indeed for your time.*