

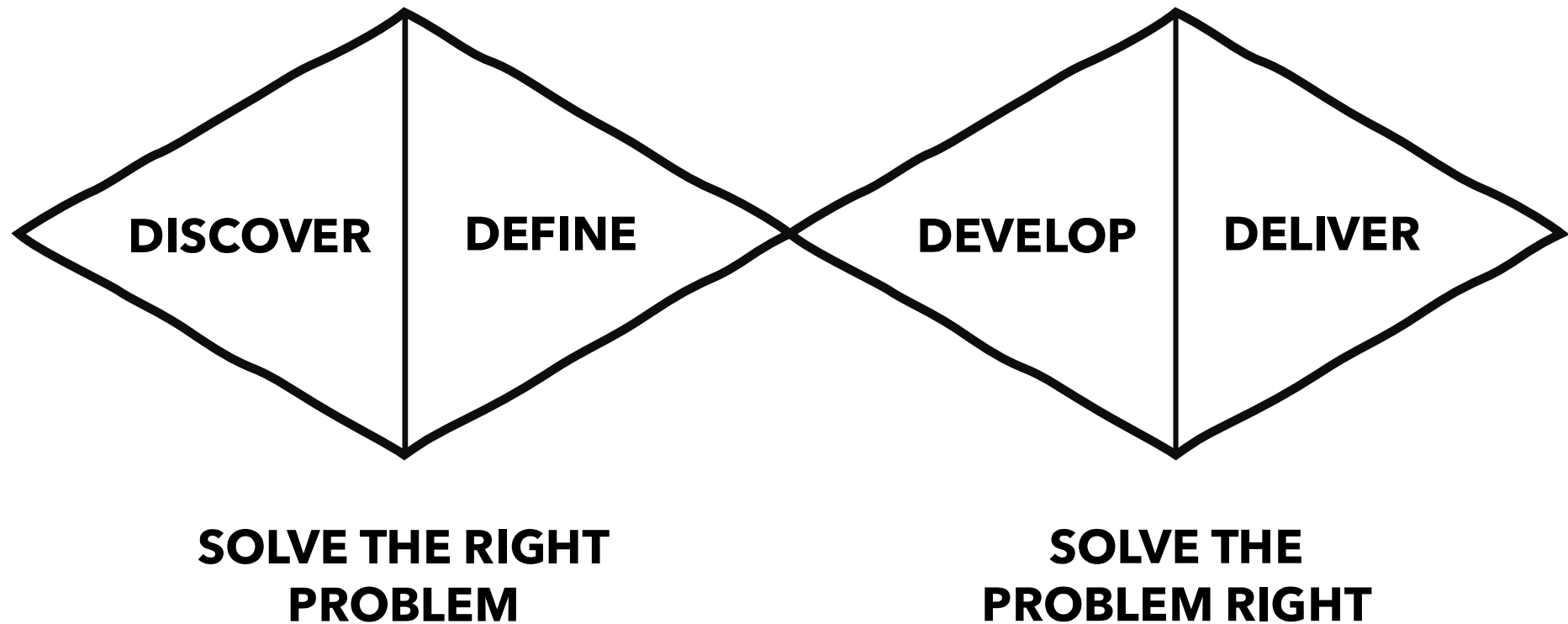
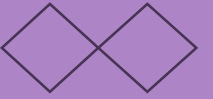


Hublet 1

How to use Hublets in occupational therapy (OT) in Satapsychiatrics?

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Double diamond



Double diamond process



DISCOVER	DEFINE	DEVELOPE	DELIVER
<p>Get to know Hublet</p> <p>Benchmarking other hospital wards or users who use the Hublet</p> <p>Thoughts and wishes of OT on the project</p> <p>Find out what apps are used by OT with psychiatric clients in Finland</p> <p>→ A bigger picture of the opportunities and limits of using Hublet for OT</p>	<p>A workshop with occupational therapists to define what they want to use Hublett for and what they want to develop</p> <p>→ The exact problem to be solved</p>	<p>Workshop to brainstorm how to bring Hublet's potential to OT in the Satapsychiatrics</p> <p>→ What kind of prototype will be developed</p>	<p>Make a prototype and have occupational therapists try it out and give feedback on how it works</p>

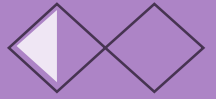
Hublet, What is it?



- Hublet is a self-service, loanable tablet solution that suits almost everyone and requires zero IT skills
 - For patients of all ages
 - Easy and safe to use
 - Digital content is not just for patients but also to member of staff or even to visitors
 - With Hublet it is possible to regain vital motor skills or improve cognition with games and activities or develop memory
- The solution is based on Hublet tablets, Hublet dock and Hublet manager
- Hublet manager is a cloud-based administration platform, with Hublet manager :
 - you have tools to configure your devices
 - Adjust the content, manage your account
 - be aware how your tablets are being used
 - helps you to create profiles that automatically set devices up when the tablets are loaned
 - healthcare content can be selected with manager to your Hublet, by choosing apps, videos and information
- In Hublet Dock tablet is secured and charged when not in use
 - Secure access with card/QR code/RFID card or wristband/swipes a magnetic card /use ID and PIN to enter to the tablets touchscreen
 - Dock wipes out data when tablet is placed to dock
 - it doesn't require staff to handle the configuration or organizing loans

Source: <https://gethublet.com/>

Occupational Therapy

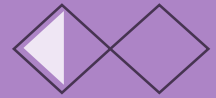


Occupational therapy is based on **occupational science**, which studies human activity in everyday life.

Occupational therapy and occupational science are interested in individual choices related to activities and the role of activity in health and well-being.

Occupational therapy is therapy based on engagement in activities of daily life, like self-care skills, education, work, or social interaction, to enable or encourage participation in such activities despite impairments or limitations in physical or mental functioning.

Background research canvas



SERVICE PROVIDER

- Hublet is available for anyone to borrow
- Hublet has a camera and the ability to read qr-codes
- A group can loan several of the Hublets with one code
- User data is not gathered

CHALLENGES

- Each time you need to readjust the settings and answer the cookie questions
- Hublet functionality problems, e.g. falling off the network or the restore has failed and the hublet has not loaded
 - Hublets are not used because the service is not known by customers
- Need to use employees' own id-card to borrow
 - Limited usage time
 - No money for apps
- Always sign in for every app
 - Needs better instructions

CUSTOMERS

- Employees were promised their own tablet for work use, but it was pulled from the procurement list when the Hublets were ordered.

WHAT IS CUSTOMERS PROBLEM?

- The need for applications that are specifically used in occupational therapy

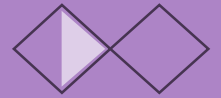
SUCCESS

- Free to use
- Accessibility
- In a group, everyone has their own device

YOUR OWN THOUGHTS

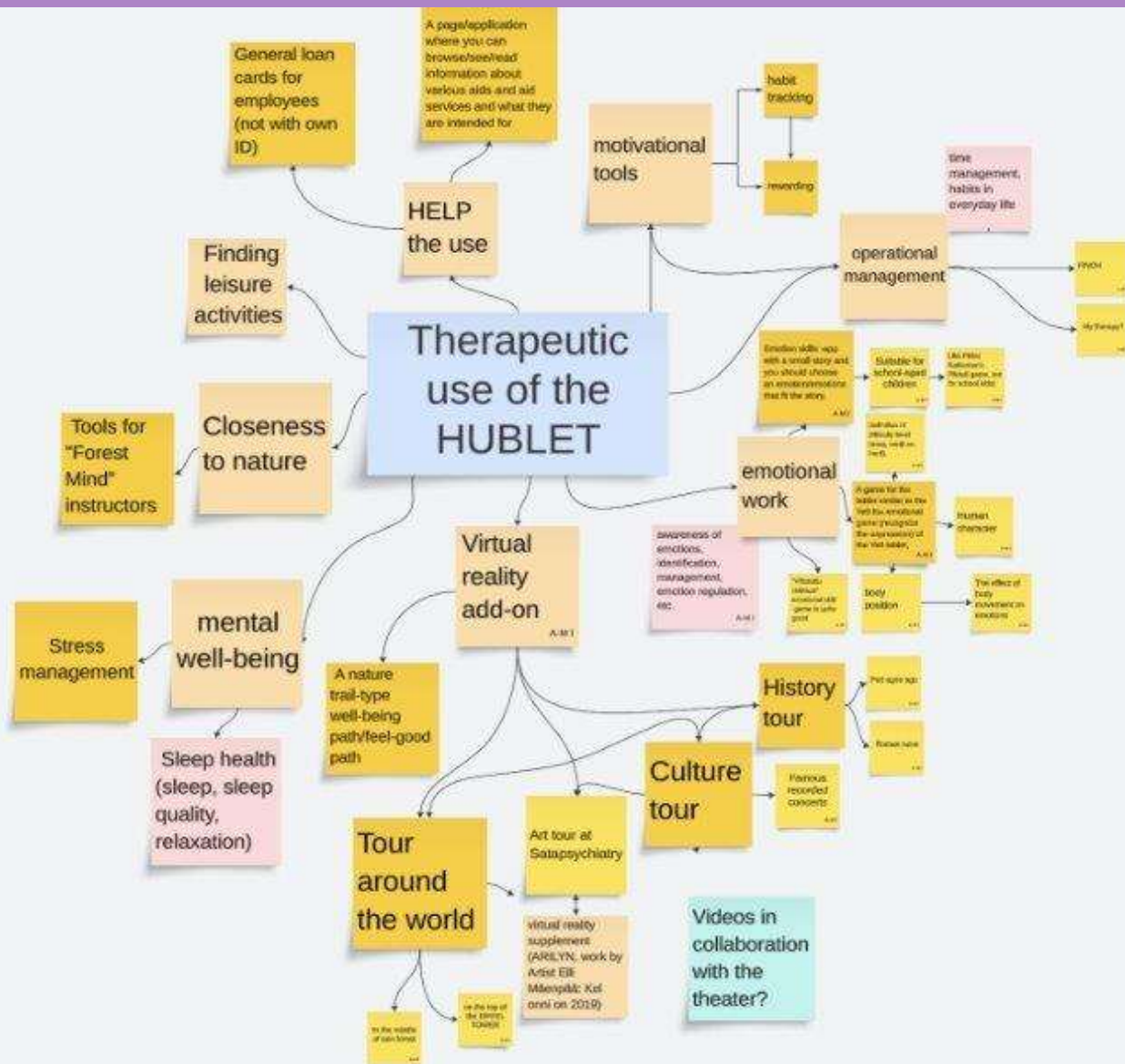
- How about headphones?

Satasairaala - Welfare Technology



- Satasairaala
 - Satasairaala is a central hospital in Satakunta area with SataPsychiatry located in the S-building
 - Among other professionals, occupational therapists and physiotherapists work at SataPsychiatry
- Satasairaala & Hublet
 - Hublets have previously been in use in the children's ward
 - Hublets have been purchased to SataPsychiatry
 - Hublet and Satasairaala are striving for better Hublet user experiences for physiotherapists and occupational therapists by collaborating with SAMK
- SataPsychiatry & Welfare Technology Project
 - Due to our group having occupational therapists, Hublet use with occupational therapy was chosen as main focus
 - During Welfare Techonology Project many professionals from Satasairaala were interviewed
 - Brainstorming Workshop was held at SataPsychiatry to generate and discuss ideas
- Shaping the Prototype
 - Different policies and practices cause Hublets to be used differently in different places
 - There is no one-size-fits-all -solutions in occupational therapy
 - Effective use of Hublets in therapeutic situations needs engagement from both the therapists and the organization
 - Some beneficial use cases could be shared between patients of different wards

Brain storming



Deliver - Prototypes in different categories



Psychiatric symptoms on focus

<https://daylio.net/>

https://play.google.com/store/apps/details?id=com.happymind&hl=en_US



Daylio app

- Self-care diary with goals, mood diary and happiness tracker
- Possibility to select the topics to follow in wellbeing
- Emotions, sleep, health, hobbies, food, social, better me and efficiency
- Available in Finnish
- Alarms that reminds user to keep on track about daily motions
- Daily targets and possibility to follow how those have been achieved
- When the user has filled daily motions enough the app shows statistics and diagrams about wellbeing
- Easy to use
- Costs 23,88e/year



Happy Mind app

- Self-help tool to promote mental wellbeing
- Based on the principles of cognitive behavioral therapy and schema therapy
- User chooses topics to work on
- Anxiety, stress, mood, sleep, lack of purpose, sadness, focus
- App tests user to discover top 3 mental schemas
- Alarms to remind user to do exercises or fill the daily emotion chart, weekly tests and make notes and do exercise plan
- Lots of different kind of content
- In English, free of charge, user needs to be at least 18 years old
- Bit confusing to use at first

Interactive learning – group & individual activities

<https://www.kahoot.com>



- Popular interactive learning platform
- Allows the creation and management of
 - Surveys
 - Quizzes
 - Educational games within a learning environment
- Provides users with a fun and engaging way to participate and learn new things
- Groups or individually.
- Works on most smart devices, including *Hublet*

In **occupational therapy**, Kahoot! can offer diverse opportunities to achieve therapeutic goals:

Motor Skills:

Using Kahoot! can promote the development of fine motor skills as players select answers on a touchscreen. This can help improve the dexterity of fingers and hands.

Cognitive Skills:

Designing and participating in games can stimulate memory, problem-solving abilities, and concentration.

Social Skills:

Kahoot! games can be conducted in groups, encouraging interaction and cooperation among players. This is beneficial for individuals who need support in developing social skills.

Emotional Skills Development:

The dynamic and enjoyable nature of the games can help users express their emotions and manage frustrations, which is crucial for the development of emotional regulation.

Customizability and Accessibility:

Kahoot! games can be adapted to meet various physical and cognitive needs, making them useful for a broad range of participants in occupational therapy.

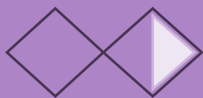
Brain matters

<https://www.muistiliitto.fi/fi/ai-vot-ja-muisti/aivoterveys>

<https://www.muistipuisto.fi/>

<https://www.aivoliitto.fi/aivoterveys/>

<https://www.aivopankki.fi/>



AIVOPANKKI by Biogen

- Discover a wide range of expert content on brain health.
- Read and watch tips for brain wellness.
- Take brain health tests and learn more about the brain.



Aivoterveyttä arkeesi

- Sport
- Food
- Sleep
- Mind
- Relationships
- Working life
- Vices



- Memory Park® is an easy-to-use and inspiring website
- Information, activities and practical tips to support brain health.
- Teaches users how to improve brain function.



- Brain health refers to the well-being of the brain
- Supported by a healthy lifestyle
 - healthy diet
 - Exercise
 - abstinence from substance abuse
 - appropriate brain challenges
 - ensuring adequate rest
 - avoiding stress.

Deliver - Nature in mind video prototype



Hublets in nature activities

<https://play.google.com/store/apps/details?id=fi.retkipaikka.mobile&hl=fi&gl=US>

<https://play.google.com/store/apps/details?id=org.inaturalist.android&hl=fi&gl=US>

<https://play.google.com/store/apps/details?id=com.bestringtonesapps.birdcallssoundsandringtones&hl=fi&gl=US>

https://play.google.com/store/apps/details?id=ru.ecosystema.birdsounds_europe&hl=fi&gl=US

<https://play.google.com/store/apps/details?id=com.dreamstudio.naturesounds&hl=fi&gl=US>

<https://play.google.com/store/apps/details?id=com.accelbit.karttaselain&hl=fi&gl=US>

<https://play.google.com/store/apps/details?id=com.swampsend.maastokartat&hl=fi&gl=US>

<https://play.google.com/store/apps/details?id=fi.fmi.mobileweather&hl=fi&gl=US>

<https://play.google.com/store/apps/details?id=com.google.android.stardroid&hl=fi&gl=US>



Although the Hublets cannot be taken outside the hospital building, they serve as a tool for planning nature activities, reminiscing and helping to bring the nature experience indoors.

Feedback



Satapsychiatry occupational therapists feedback:

"Paula (other worker in functional therapy) and I have indeed been trained as Metsämieli instructor, and we are planning to start a group at the end of the summer. As far as possible, we are trying to use nature as much as possible, so that we actually go there. Something can also be done indoors. With the Hublet app, it would be possible to create a soundscape of nature indoors using nature sounds. The soundscape could also be used as a calming element in occupational therapy sessions. I believe that some ward patients might also be interested in for example.

The sounds of European birds. A mapping program could be used in the design.

I wonder if it would be possible to embed something functional into the app?

I think you had some nice points in your presentation."

Hublet: Contact person changed during project, could not get any feedback from Hublet yet.

Thank You So
Much For The
Attention

