

# The Quarterly

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## Employee Spotlight

### Meet Erica Caetano, Production Manager

Erica is a Rutland, Vermont local and actually lives in downtown Rutland and walks to work. She is a mechanical engineer by training, having attended Vanderbilt University. She is also a Teach For America alumna, an honor bestowed on a rare few exceptional leaders who also feel a responsibility to society's youth.

In this spirit, Erica participates in Healthy Design's partnership with The University of Vermont's Senior Experience in Engineering (SEED) student Capstone projects. Aside from her career leading Healthy Design's ISO-compliant production, Erica enjoys outdoor activities, various crafts, and upcycling furniture.

This past July, the Healthy Design family helped Erica and husband Fabio welcome the newest member of the Caetano family, little Stella.



Below: Erica at home with husband Fabio and baby Stella.



*"I love working at Healthy Design where our work is deeply rooted in improvements for patients."*  
Erica Caetano

## Did You Know?



- In the US, 27,000 patients are restrained every day.
- Healthy Design's **Exersides Refraining System** was developed to eliminate the use of restraints for the majority of patients who otherwise might be restrained.
- **Restraint** leads to agitation, which results in increased sedation—the combination is known to cause **delirium**.
- **Delirium** is a **medical emergency** associated with increased morbidity and mortality rate

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## In the News

### World Delirium Awareness Day

March 16, 2022

The impact of delirium affects patients regardless of country. As a result, solutions to delirium require broad thinking and strong advocacy. In downtown Rutland, Healthy Design and the VFW Post 648 are neighbors. We share a street, but more importantly we share a mission. We are committed to the prevention and treatment of PTSD. ICU acquired delirium contributes to a form of PTSD called PICS or Post-Intensive Care Syndrome. On March 16, 2022, in observance of World Delirium Awareness Day, Healthy Design, maker of the Exersides® Refrains®, and VFW Post 648 joined hands across the narrow street we share to show our



solidarity in our cause to eliminate PICS and PTSD for America and the rest of the world. Clinicians treat delirium by identifying and treating the underlying causes as there are no medications approved for the treatment of delirium.

*"As the public gets more of a glimpse into the world of the hospitalized patient's plight, there will likely be changes made for the better."*

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## Healthy Design Goes Social!



Healthy Design has jumped feet first in the realm of social media. Healthy Design has had a strong following on Twitter for a long time but recently the company decided to expand their outreach to other social media platforms. Healthy Design now has followers on Facebook, Instagram, LinkedIn, Twitter with Reddit coming soon. You can find and follow Healthy Design @ExersidesICU on any of the social media outlets. If you have not had a chance check us out, give us a like, follow us, share our content, leave a comment and help us out with the hashtag #RefrainsNotRefrains.

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## Manufacturing Innovation: The Exersides® Refraint® in Production

The Exersides® Refraint® is manufactured at our headquarters in Rutland, Vermont. As a medical device, all processes follow strict cGMP (Good Manufacturing Practices) guidelines in our ISO 13485 compliant production line. Production Manager Erica Caetano and QA/RA Manager Cortni Kapitanski oversee precise, controlled manufacturing, assembly, inspection, testing, and documentation processes to ensure that every product meets the highest standards for quality. Finished product is packaged and labelled with unique identifiers for traceability throughout its use life.



## Healthy Design at SCCM and NTI

The Society of Critical Care Medicine's (SCCM) **2022 Critical Care Congress** goes live virtually on April 18-21, and the American Association of Critical-Care Nurses (AACN) will be conducting its first in-person **NTI** since 2019 in Houston May 16-18!

Healthy Design will be at both events, and expect the state of care post-Covid and the growing awareness of ICU acquired delirium and PICS to be front and center at both events. At NTI, attendees will have the opportunity

to see the Exersides® Refraint® firsthand in a live patient simulated environment. Look for us at NTI **Booth 2018** to learn more about our solutions, and to see what's on the horizon as Healthy Design continues our mission to liberate ICU patients and caregivers from the burden of restraints. For more information on NTI visit: <https://www.aacn.org> . For more information on SCCM, visit: <https://www.sccm.org>.



*"Look for us at NTI Booth 2018 to learn more about our solutions."*

## A Few Good Mentions

ICU Rehab Network

[ICURehabNetwork.org](https://ICURehabNetwork.org)

Oacis

[OACIS Clinical Programs and Quality Improvement Projects | Pulmonary & Critical Care Medicine \(hopkinsmedicine.org\)](https://hopkinsmedicine.org)

ICU Liberation

[ICU Liberation | SCCM](https://www.sccm.org)

CIBS

[The CIBS Center Overview \(icudelirium.org\)](https://icudelirium.org)

## A Message from C4 (*Chief Culture Change Catalyst*)

Dear fellow Culture Change Colleagues,

COVID has brought to light the often-terrifying experience of being a patient in the ICU as well as life with the lingering after-effects of a prolonged illness. As the public gets more of a glimpse into the world of the hospitalized patient's plight, there will likely be changes made for the better.

Some of these experiences deal with the dehumanization of people once they become patients. For their own protection, and to allow medical staff to care for so many people, patients are often 'quieted' and treated as a group to be managed rather than individuals to be served.

It's time that caregivers take action to be on the right side of history for this day of reckoning. Medical staff would do well to address the humanitarian issues of their patients and staff and develop meaningful solutions. The time for workarounds and tolerance of suboptimal standards is soon coming to an end. Let's get ready.

Yours truly,

*Marie T. Pavini MD FCCM FCCP*

"...where common sense  
meets healthcare..."



We're on the Web!  
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