

1. Borrowing and Testing Wellbeing Technology Devices at SeAMK

Publication Date: February 20, 2025

URN: <https://urn.fi/URN:NBN:fi-fe2025022013117>

Summary: This article discusses the borrowing and testing of wellbeing technology devices at SeAMK. The Seinäjoki Home of Wellbeing (SeiHoW) serves as a living lab for testing and developing new and existing technologies. Devices are used to support home living, remote care, physiotherapy, and rehabilitation. The borrowing process is simple and free, and the initiative has been running for 2.5 years, with 60 loans of 18 different devices. Popular devices include VR glasses and the Paro seal robot. The article highlights the importance of testing technology before purchase and the growing need for technology skills in social and healthcare.

2. Withings Smartwatch - The World's First Clinically Validated EKG Analog Watch

Publication Date: October 3, 2024

URN: <https://urn.fi/URN:NBN:fi-fe2024100175528>

Summary: This article introduces the Withings smartwatch, which combines traditional watch aesthetics with advanced health monitoring technology. The watch features optical sensors for heart rate and oxygen saturation, a single-channel EKG sensor, and a month-long battery life. It has received CE certification and FDA approval, making it suitable for clinical use. The article details the watch's capabilities, including EKG measurement, and shares user experiences, emphasizing its stylish design and practical health features.

3. Utilizing Emfit QS Bed Sensor in Home Care

Publication Date: December 23, 2024

URN: <https://urn.fi/URN:NBN:fi-fe20241219105152>

Summary: This article explores the use of the Emfit QS bed sensor in home care, particularly in Seinäjoki. The sensor monitors heart rate, breathing, and movement without direct contact, providing valuable data for home care providers. The data helps in planning care and detecting issues such as sleep disturbances. The article highlights the benefits of the sensor in improving the quality of care and supporting independent living for the elderly.

4. TAKO Project and Pilot Results

Publication Date: April 21, 2023

URL: <https://lehti.seamk.fi/hyvinvointi-ja-luovuus/tako-hanke-ja-pilotoinnin-tulokset/>

Summary: The TAKO project, a collaboration between Tampere University and SeAMK, focuses on accessible digital services and technology solutions. The project involved testing various devices, including Suvanto Care, HouseMate, Ring alarm system, and VR environments. The article discusses the benefits and challenges of these technologies in supporting independent living and improving safety. It also highlights the importance of user feedback in refining the solutions.

5. Therapeutic Virtual Reality - Utilizing VR in Short-Term Therapy

Publication Date: September 13, 2023

URL: <https://lehti.seamk.fi/hyvinvointi-ja-luovuus/terapeuttista-virtuaalitodellisuutta-virtuaalitodellisuuden-hyodyntaminen-lyhytterapiassa/>

Summary: This article discusses the use of virtual reality (VR) in short-term therapy, as part of the SOTE Living Lab project. The project involved collaboration with therapy companies to test VR content for relaxation and stress relief. The article shares positive feedback from users and therapists, noting the potential of VR to enhance therapeutic experiences. It also suggests future development of VR content tailored for specific therapeutic purposes