

Region Västmanland

Aid centre

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SUMMARY FOLLOW-UP OF THE USE OF WEIGHTED VESTS

Weighted vests* are aids that are increasingly demanded by prescribers and patients. Aid Centre decided in 2014 to proceed to have the aid according to "Product outside the decided range and regulations".

Prescriptions have been followed up by a written follow-up questionnaire to evaluate the efficacy and utility of the vests. The monitoring was carried out by the responsible prescribers after some time of use.

RESULTS

7 people between 12 and 52 years were prescribed weighted vest.

Diagnosis and reasons for prescribing

	Person 1	Person 2	Person 3	Person 4	Person 5	Person 6	Person 7	Total
Dystonia, choreatos, myoclonus	X	X						2
Developmental Disabilities			X	X			X	3
Autism /Asperger				X		X		2
Motoric disturbances	X	X	X				X	4
Concentration / Attention		X		X		X	X	4
Social problems / Phobia					X	X		2
Anxiety, sleep problems, anxiety, panic disorder			X		X			2
Outward aggression, self-injury			X			X		2

*There are different models of weighted vests; chain weighted vests and ball weighted vests.

Benefit and effect of weighted vest

Number of persons	Experience of benefit	Time of use
5	Large or very large	Often* or very often**
1	Moderate	Very often
1	Low	Did not continue to use the weighted vest

The weighted vest have been used from 5 minutes up to 3 hours per session, all have used weight vest in the home. The three children who received aid have also used it in school.

5 people have had effects that agree with goals for prescription;

1 person can sit still for long periods of time in school, do not wander around as much and can participate in social activities in a better way.

1 person comes more to rest and have increased the ability to concentrate in school.

2 people had a target to reduce self-harm, anxiety and aggression and increase body awareness. All goals were met with experienced great effect.

1 person had the goal to settle down for the night and come to terms with social phobia and be able to leave home to perform daily activities. All goals were met with experienced great effect. The person can now go outside the home, be able to make purchases and in these situations meet other people with less anxiety. No longer take any sleep medication, decreased anxiety medication and received a satisfactory sleep.

1 person has had a good effect on walking training, and experience a safer walking ability.

Situations where weighted vest were used

	Person 1	Person 2	Person 3	Person 4	Person 5	Peron 6	Person 7	Total
At preparation for an activity					X			1
To get peace and quiet			X	X	X	X	X	5
At motoric disturbances	X	X					X	3
At actions standing / walking	X	X					X	3
At actions sitting		X				X	X	3
To increase concentration		X					X	3

*Definition for "often" is described as daily

**Definition of "very often" is described as several times a day

Users and / or close persons' comments

Ball vest helps her to perceive her body begins and ends.

Safer walking.

The patient has come more to rest and she feels the weighted vest is comfortable

Easier to practise walking again with the weighted vest

The patient can walk outside the home more often and with much less anxiety than before. Improved sleep gives more energy during the day.

Can participate in social activities such as card games at brake.

Participation increases as the concentration increases.

It is easier for the patient to meet people outside home, when walking and in shops.

Can concentrate better and have reduced motoric anxiety, does not wandering about as much.

Consequences without the aid

Quotes from users and / or close person.

Harder to practise walking.

Today the person knows that she can take the ball vest when she begins to feel bad, she fetches it herself or ask the staff for help. The ball weighted vest is always hanging about and is a security for the person. Without ball vest she would have more and longer difficult periods that are difficult to reverse.

Major anxiety, worse concentration

Great difficulty leaving home. Increased anxiety and impaired sleep resulting in increased medication.

The chain weighted vest works so that the person is not so anxious and stressed.

The person would, despite high dose of ADHD medication, be motoric anxious and find it difficult to attend in friends' activities both in school and at leisure.

Perceived quality and workmanship of the product

The fit, 6 people thought the fit was good, one thought it was very good with several adjustment options.

The management, several people felt that it was easy to clean and easy to wash.

Durability was considered as good: keep well, feels hefty, very good even though it has been washed often. No negative comments.

2 people have commented on the manual it was clear and fine.

Perceived risks

No hazards have been experienced with the aid.

“BUSINESS INTELLIGENCE”

Other regions in Sweden

The 7-clover region* 5 of 7 counties weighted vests in the catalogue. The counties that do not have weighted vests for prescription 2015 are Västmanland and Örebro county. Uppsala county have weighted vests for children under 21 years within county business. Other counties in Sweden have weighted vests for prescription approximately in the same ratio as in the 7-clover region.

* 7-clover region is a collaboration between county councils and municipalities in Dalarna, Gävleborg, Sörmland, Uppsala, Värmland, Västmanland and Örebro.

Research

Below are some examples of research done on weighted vest. The search is made on the research database AMED (Allied and Complementary Medicine), the 24/6 -15.

1. *Effects of weighted vests on attention, impulse control, and on-task behavior in children with attention deficit hyperactivity disorder.*

Lin HY, Lee P, Chang WD, Hong EY. American Journal of Occupational Therapy 2014 Mar-Apr;68(2):149-58.

2. *Pilot study of the effectiveness of weighted vests.*

Collins A, Dworkin RJ. American Journal of Occupational Therapy 2011 Nov-Dec;65(6):688-94.

3. *Weighted vests' effect on social attention for toddlers with Autism Spectrum Disorders.*

Leew SV, Stein NG, Gibbard WB. Canadian Journal of Occupational Therapy 2010 Apr;77(2):113-24.

4. *Use of Weighted Vests in Pediatric Occupational Therapy Practice.*

Olson LJ, Moulton HJ. Physical and Occupational Therapy in Pediatrics 2004;24(3):45-60.

5. *Occupational therapists reported experiences using weighted vests with children with specific developmental disorders.*

Olson LJ, Moulton HJ. Occupational Therapy International 2004;11(1):52-66.

6. *Effects of a weighted vest on attention to task and self-stimulatory behaviors in preschoolers with pervasive developmental disorders.*

Fertel-Daly D, Bedell G, Hinojosa J. American Journal of Occupational Therapy 2001 Nov-Dec;55(6):629-40.

7. *The use of a weighted vest to increase on-task behavior in children with attention difficulties.*

VandenBerg NL. American Journal of Occupational Therapy 2001 Nov-Dec;55(6):621-8.

SUMMARY

The evaluation of weighted vests shows that the product has a good effect and benefit. The product complements existing aid assortment when the most obvious effect is seen at the psychological and motoric anxiety and concentration problems. During 2015, weighted vests along with weighted blankets will be procured in 7-clover region. Several counties already have these vests in its range.

Current regulations

The aid Manual Västmanland region, Book 2, Aids Centre present text:
ISO Code 04 27 18 Accessibility equipment for the stimulation of the senses and sensitivity.

This includes aids that stimulate one or several senses, such as touch and hearing, and thus may affect alertness.

Weighted blankets

Prescribers: Occupational Therapist and Physiotherapist

Level: 2 Rent

Criteria: Are prescribed to relieve severe mental or motoric anxiety.

Ball cushion

Prescribers: Occupational Therapist and Physiotherapist / Physiotherapist

Level: 3

Criteria: Are prescribed to relieve motoric anxiety

PROPOSAL FOR DECISION

That the weighted vest is introduced into the assortment within ISO Code 04 27 18
That the manual is supplemented by the following:

Weighted Vest

Prescribers: Occupational Therapist and Physiotherapist

Level: 3 Sales

Criteria: Are prescribed to relieve severe mental or motoric anxiety.

Testing: In consultation with the aid consultant. To choose the right model it is sometimes necessary to have a trial period in everyday life of 1-2 weeks.