



**Shirley Prahms**  
Beneficiary

## Shirley Prahms using ARMED, Castle Douglas, Dumfries and Galloway.

“I had a back injury. When I came out of hospital the OTs asked me if I’d like to take part in this research project with the smartwatch.

When I was first given it I thought I wouldn’t cope with the technology. I thought I wouldn’t be able to remember to charge it, that I’d get fazed by the phone...but I didn’t. And in fact I enjoyed it. And as a result I’m in the process of sort of moving towards a smart phone myself. And I’ve decided to carry on with the watch after the project.

I was interested very much in the sleep data – and Ewan (Community Navigator) would ring on a fairly regular basis. I think initially he rang probably once a fortnight. And it was made clear that that phone call was also a support and it was nice to know that they were there really.

When I got calls from the support team it was really nice. They asked how I was, how things had been going, whether there were any difficulties. And having that support was really important. I valued it a lot.

It was really important to know that somebody cared. There was somebody out there during these Covid times. There was somebody out there that cared and bothered to ring up.

I was interested in the daily activity because in my recuperation from the back injury it was good to know that I was increasing on a regular basis. So the steps and the percentage activity told me at the end of the day how much I’d done. The heart rate information was interesting. If I felt I was getting stressed or panicked I could actually look at that and think, “actually I’m not physically stressed. This is a mental stress”. The sleep data was really important because with the back pain I was getting interrupted sleep and I got a bit anxious about that.

Because you don’t always know how many steps you’ve done in a day. Some days I didn’t think I’d done a lot but actually in just daily living I’d done more steps than I realised and it was encouraging. It was as though there was an encouragement that when steps increased over a week you knew, oh right this is getting better. You know, you had concrete evidence that your walking was improving and it was getting easier.

It was about much more, about a mindset...the injury was very sudden and very severe and it was a real shock. So the data helped me get confidence that I would improve and I would get better when I’d gone from being very, very active while swimming, all sorts of things, to literally being barely able to stand. So that data really helped the recovery.”