

rugged interactive

SPOTLIGHT ON:

**Sheffield Health and Social Care (SHSC)
NHS Foundation Trust**



SHSC added the first **CardioWall** into their mental health unit in 2016. They have since added three more, with plans for a fifth. We caught up with **Gargi Srivastava, Physiotherapists Team Leader**, to find out how the CardioWall has improved patient care.

A Snapshot of SHSC:

SHSC provide a range of **mental health**, learning disability and substance misuse services. Their focus is to **improve patients' physical and mental wellbeing** through regular physical activity, social activities, and connecting them with the wider community. **Staying physically active** is a key component to service user's rehabilitation programme.

Why did they choose the CardioWall?

Staff at SHSC identified the CardioWall as a way to **motivate and engage** patients to exercise, which was **safe and easy to use**, and needed **little supervision** from staff. The CardioWall's **low maintenance** and **cost-effectiveness** were also important factors in their decision.

They understood the **physical, mental and social benefits** it can offer their service users, in all settings. The **CardioWall** has become a highly valuable component of their rehabilitation programmes.



Feedback on the CardioWall:

Both staff and patients love using the **CardioWall** as it's **easily accessible** and, unlike most gym equipment, presents **minimal risk**. Patients can therefore use it unsupervised.

While the CardioWall is a great **physical workout**, the benefits extend far greater. Service users enjoy competing with one other which encourages **social interaction and builds confidence**. It's a powerful **stress reliever** for younger users as they can hit the pods very hard. Improvements in **concentration, focus and motivation**, both acute and chronic, have also been seen.

During Covid-19, the CardioWall has enabled patients to **continue exercising**, where restrictions have prevented other physical activities, such as yoga, football, & cycling.

What they had to say:

"It's such a great product for keeping people active and fit. Everybody gets something different from it – physical strength, coordination, mental energy, confidence, stress relief, social enabler, focus and concentration"

**Gargi Srivastava,
Team Leader Physiotherapists**