

# Technology helps older adults living with congestive heart failure

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Researchers believe that bed sensors developed at the University of Missouri can help older adults living with congestive heart failure and reduce hospitalizations. Credit: University of Missouri-Columbia

Congestive heart failure is one of the most common reasons for hospital admissions among those 65 years old and older, according to the Centers for Disease Control and Prevention. To help reduce these admissions and the strain they put on the healthcare system, researchers at the University of Missouri have developed bed sensors that can warn older adults of impending heart problems. Marjorie Skubic, a professor of electrical and computer engineering in the College of Engineering, and

Marilyn Rantz, Curators' Professor Emerita in the Sinclair School of Nursing, believe this technology can help older adults living with congestive heart failure and reduce hospitalizations.

"These bed sensors help detect early signs of illness while symptoms are manageable," Skubic said. "Having sensors that continuously monitor heart rates provide a significant benefit for older adults, without requiring the individuals to wear or push anything."

Skubic developed the bed sensors using a flexible tube of water that can measure blood flowing through the body. The sensors are placed under the mattress providing a non-obstructive health monitoring system to help [older adults](#) age in place.

"Sensors throughout the home detect small changes and can predict health issues," Rantz said. "Our previous research has shown that [congestive heart failure](#) can be detected one to two weeks earlier for individuals living with the sensors. This gives health providers advance warning so interventions can be started earlier and major health events or hospitalizations can be avoided."

Provided by University of Missouri-Columbia

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