ANCHOR

FOR HOSPITAL TEAMS

Something steady to hold, even when the power goes out.

ANCHOR is two palm-size tiles for patients, families, and staff: a spiral to press and trace, and a square path to breathe along. No power, no screens, no setup.



Needs no power
No batteries, outlets, Wi-Fi, or apps. It works in a blackout the same as on any other day.

Wipes clean
A non-absorbent surface, wiped clean between every use.

One per person
Families can keep theirs, so tiles don't have to be shared.

Adds nothing to the workload
No medication, staffing, or equipment. Hand it over and show one motion.

Works with one hand
Around IV lines and weak sides, with sweaty hands, and in a scrub pocket.

Silent and screen-free
Nothing to hear and nothing to charge, in a room that is already loud.

Built for the hardest days

STORMS AND OUTAGES

Hurricane Helene showed western North Carolina in 2024 how long a hospital can go without the systems it counts on. A grounding tool that needs nothing from the building keeps working.

OUTBREAKS AND VISITOR LIMITS

During COVID, many patients faced the ICU without family at the bedside. A tile can stay with the patient, and each person keeps their own.

EVERY ORDINARY SHIFT

Alarms, waiting, and a long list of tasks. A quiet reset that lives in a pocket or at the nurses' station.

Which tool for whom

Patients on a ventilator	**The spiral**	Press or trace. No breath holds needed.
Alert patients breathing on their own	**Spiral or box breathing**	Their choice. Check breath holds with the care team first.
Family members	**Both**	Something to do with the waiting. Theirs to keep.
Staff	**Spiral or box breathing**	Their choice. A quiet reset, kept at the nurses' station.

To talk about ANCHOR for your unit, email Alison Rose:
connect.alisonrose@gmail.com

Specifications and answers for administrators are on the back. →

ANCHOR

FOR ADMINISTRATORS AND INFECTION PREVENTION

Specifications and straight answers

Specifications

PRODUCTS	The ANCHOR Spiral (press and trace) and the ANCHOR Box Breathing Tool (trace and breathe)
SIZE	About 76 × 76 mm (3 × 3 in), palm-size. The spiral tile is about 8 mm thick.
WEIGHT	Very lightweight. Each tile is a single piece of PLA.
MATERIAL	All PLA, a rigid plant-based plastic, 3D printed. Every part, including the spring, is PLA: no metal, no latex, no coatings.
SURFACE	Non-absorbent. Resists water and sweat, and keeps its shape under pressure.
MOVING PARTS	The spiral has a built-in spring that gives under a thumb. The box breathing tool has none.
EDGES	Rounded
POWER	None. No batteries, charging, outlets, Wi-Fi, or apps.
CLEANING	Wiped clean between every use. The material was selected with UNCA Engineering for compatibility with hospital disinfectants, using the disinfectant at the practicum site.
WHO KEEPS A TILE	Families keep their own. Staff tiles stay at the nurses' station. Tiles used by patients are cleaned between uses.
TRAINING	None needed. Show one motion.
ORDERING	Made to order
STATUS	A comfort and grounding tool, not a medical device
PATENT	Patent pending (U.S. Provisional Application No. 64/059,163)
MADE WITH	Prototypes printed with the UNCA Engineering Department
IN DEVELOPMENT	A smaller spiral sized for children, and left- and right-handed box breathing tools in a more pliable material

Questions administrators ask

Is ANCHOR a medical device?
No. It is a comfort and grounding tool. It doesn't diagnose or treat anything, it doesn't replace any part of care, and it makes no medical claims.

Does it need setup, charging, or IT?
No. No power, software, or network. It works in an outage the same as on any other day.

How does it fit infection prevention?
The PLA surface doesn't absorb and is wiped clean between every use. The material was selected with UNCA Engineering for compatibility with hospital disinfectants, using the disinfectant at the practicum site. Families keep their own tiles, so those don't need to be shared.

Is there any metal or latex?
No. Every part, including the spring, is PLA. There is no metal, no latex, and no coating.

How much staff time does it take?
Very little. Hand it over and show one motion. There's nothing to set up or charge.

Who shouldn't do the breath holds?
Breath holds aren't right for everyone. Check with the care team first. Patients on a ventilator use the spiral, which needs no breath holds.

What is the evidence?
Honestly framed: the practical fit is something anyone can see at the bedside. Some ICUs already include fidget tools in delirium care, a common practice but not yet a tested one. Slow breathing is well studied and raises heart rate variability in the short term. What I've seen at the bedside are early signals, not proof.

How do we get tiles for our unit?
Tiles are made to order. Email Alison Rose to talk about your unit and what it needs.

Offered in the Mission Hospital ICU during a Fall 2026 practicum in Asheville, North Carolina.

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ANCHOR is a comfort and grounding tool, not a medical device or a substitute for medical care. ANCHOR is Alison Rose's independent project; Mission Hospital is named only as the practicum site, and no person or organization named here endorses ANCHOR or is responsible for it. Follow your unit's infection-prevention policy for shared items. © 2026 Alison Rose. Patent pending (U.S. Provisional Application No. 64/059,163).