

Behavioral Health Sensory Room

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BEHAVIORAL HEALTH SENSORY ROOM

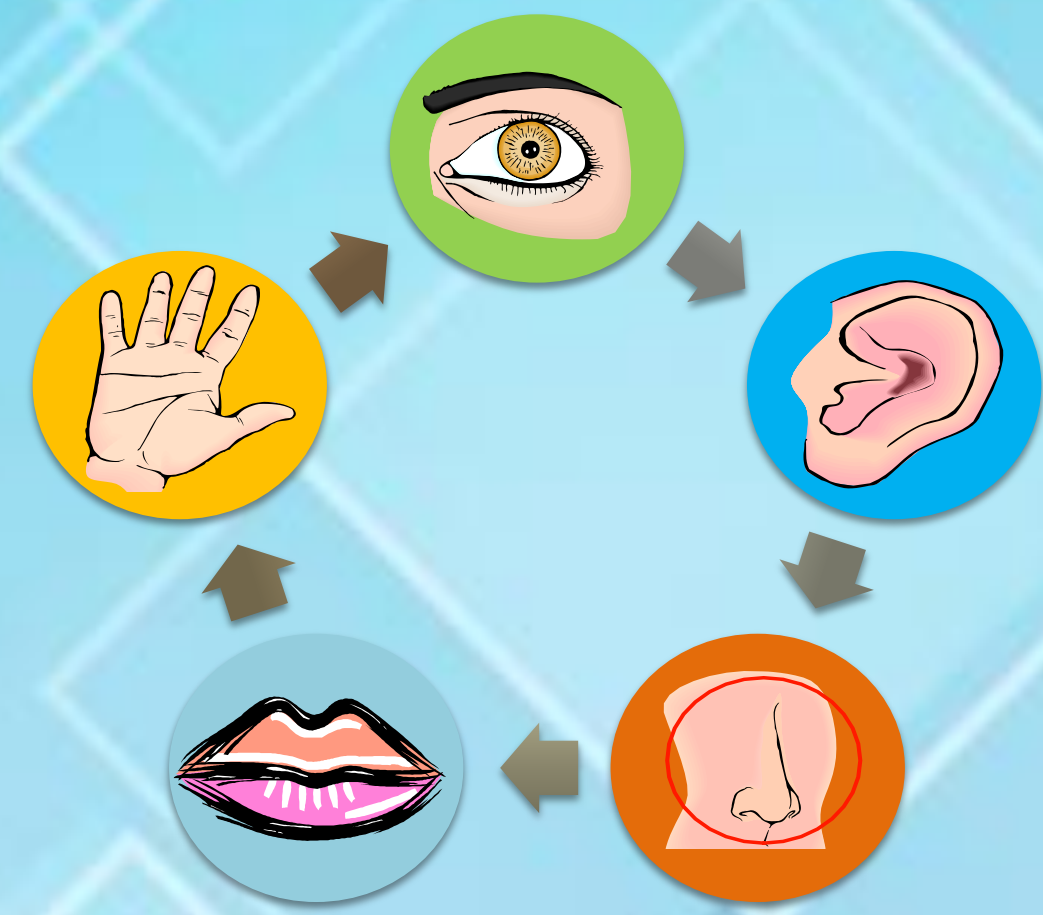
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BACKGROUND

Restraints are often seen as being a treatment failure. In addition to being a treatment failure, they can be harmful for not only the patient but also the staff. Restraints can be traumatic and cause psychological or physical harm. Due to the negative effects of restraints, sensory rooms are being used as an alternative treatment.

A sensory room is used by the patient to explore and become aware of their senses in order to develop long term coping mechanisms for reducing and controlling their emotional outbursts.

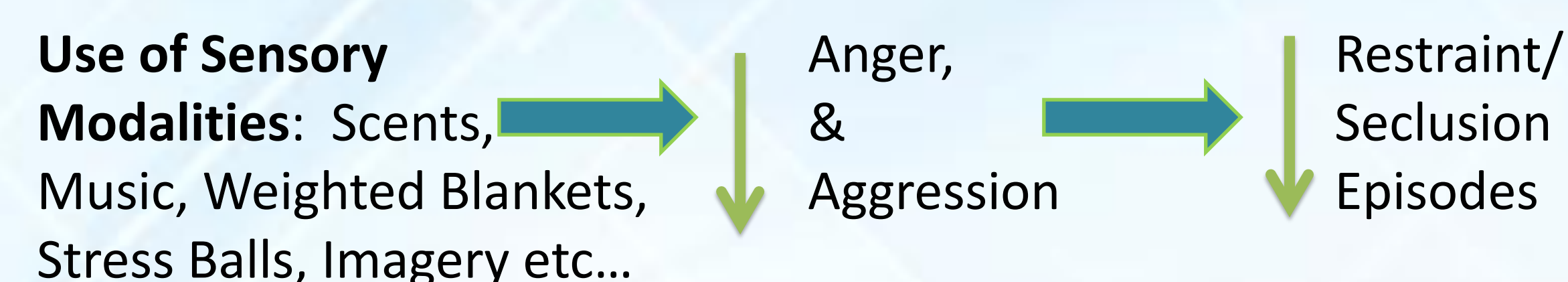


Sensory Modalities used in Sensory Room:

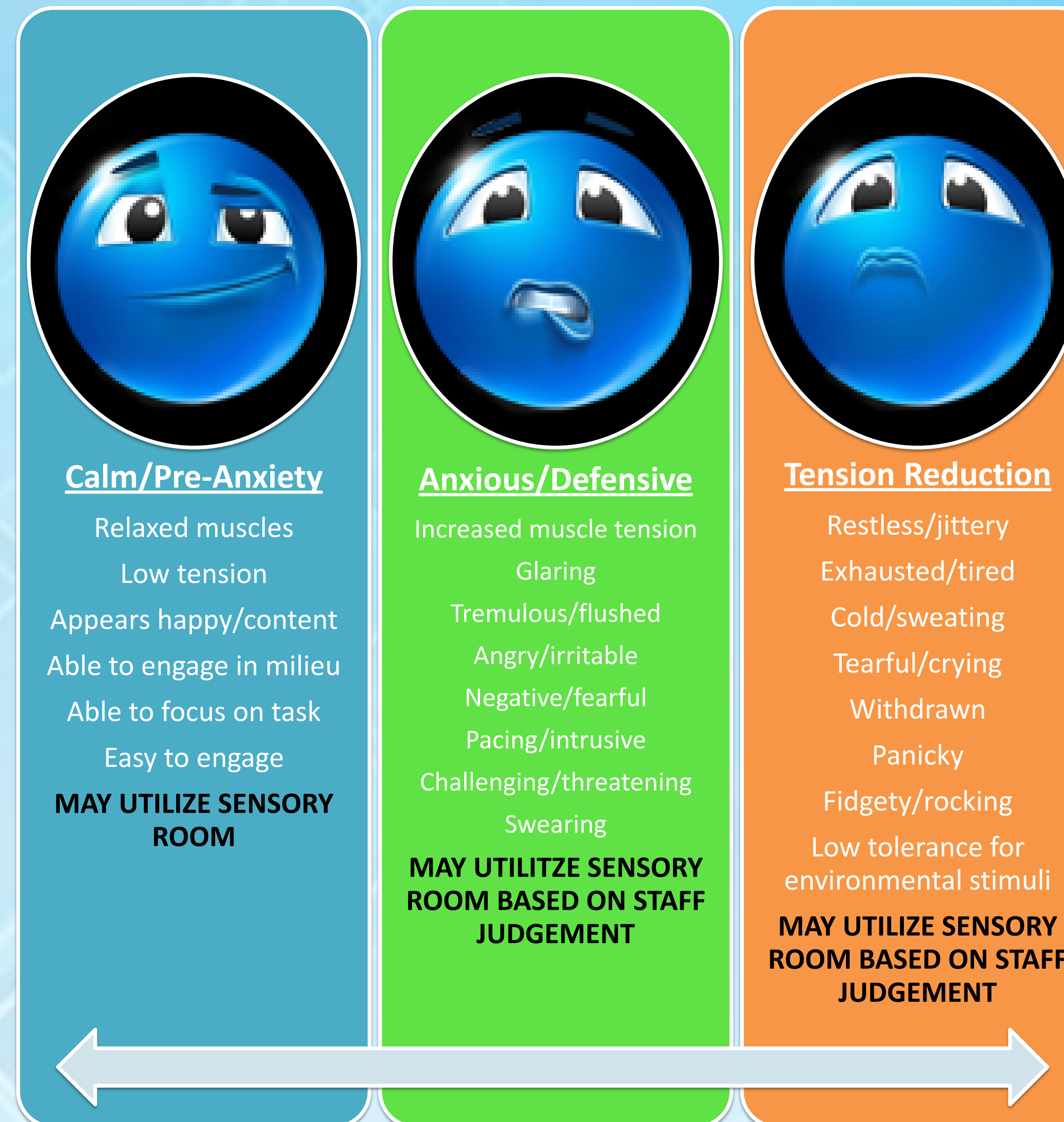
- **Sound:** Sound Machine, Music CD's
- **Smell:** Scented Lotion, Scented Cards
- **Taste:** Herbal Tea, Hard Candy/Sugar Free Hard Candy
- **Sight:** Electronic Fish Aquarium, DVD's, Positive Affirmations/Quotes, Special Lighting
- **Touch:** Hand-held Manipulative Items (Panic Pete, Stress Balls, Glitter Bead Ball, Bean Bags, Sparkle Wheel, Bendeez, etc.), Weighted Items (Animal, Vest, Lap Pad, Blanket)
- **Focused Activities:** Crossword Puzzles, Word Searches, Coloring Pages, Kanoodle Puzzles

GOAL: for the patient to learn to control their emotions through using his/her senses prior to the need for restraints/seclusion.

RESEARCH: what criteria needs to be met to use the Sensory room, are the qualified patients utilizing the room, are patients leaving the room with a positive outcome?



WHEN TO USE THE ROOM

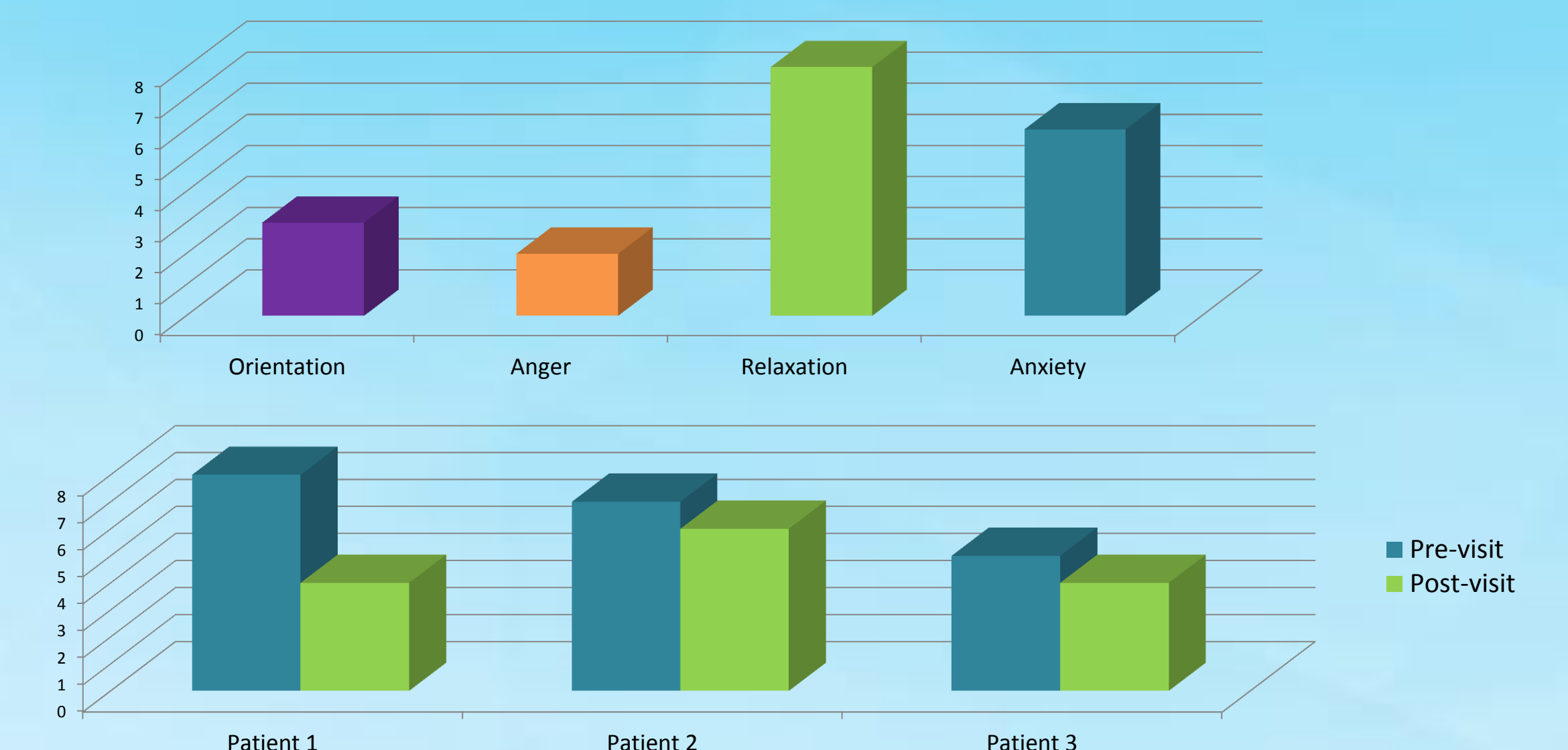


PATIENT CANNOT USE SENSORY ROOM WHEN VIOLENT OR PHYSICALLY ACTING OUT DUE TO THEIR INABILITY TO FOCUS AND CONCENTRATE ON CALMING DOWN!!!

- Patient selected sensory modality preferences during admission by completing a Sensory Menu Card.
- Pre and Post measurements of the patient's mood recorded on Sensory Menu Card by patient and staff.
- Patients limited to 20 minutes per visit and must be accompanied by a trained staff member.
- Chart checks were performed daily to determine which patients were excellent candidates for use of the Sensory Room.
- Followed up with Sensory Room log book and patient cards to see who was utilizing the room and if they had a positive or negative experience.

RESULTS

- FY 13 restraint/seclusion episodes = 380
- FY 14 restraint/seclusion episodes = 316
- Behavioral Health experienced a 16.8% reduction in the number of restraint/seclusion episodes between the FY13 and FY14.
- As of July 16th, there have been 19 patient visits to the Sensory Room since its opening in mid-June (14 in June, 5 in July as of 7/16/14).



CONCLUSION

- Further data collection needs to be accomplished on use of the LVHN Sensory Room. Staff and patients are still adjusting to the process associated with the use of the Sensory Room.
- The Sensory Room was opened in hopes to further reduce the number of restraint/seclusion episodes and head towards a restraint free environment.
- The sensory room allows patient to become actively involved in their treatment by using sensory modalities as coping mechanisms during treatment and after discharge.

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5. Graphics from Microsoft Office Clipart

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