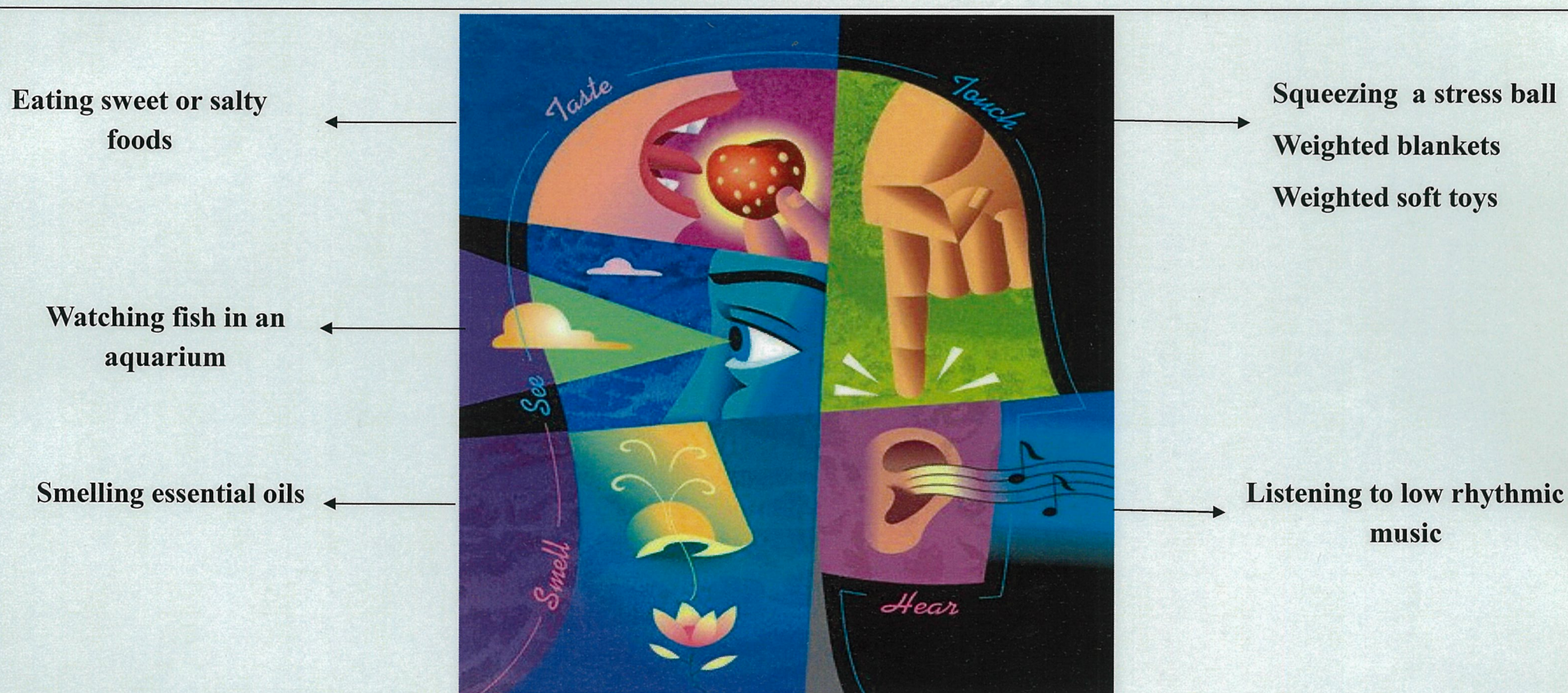


Does the use of Sensory Modulation Prevent the use of Seclusion for Patients with a Behavioural Disturbance in a Mental Health Setting? By Hannah Dougherty 2014.

Seclusion is defined as a patient being placed alone in a room from which they cannot freely exit (Ministry of Health, 2013). Seclusion is used in Mental Health hospitals and has gained national and international controversy for the negative effects it has on patients that leaves them feeling anxious, hurt, humiliated, ignored, punished and disrespected (Martinez, Grimm, & Anderson, 1999). Thus the need for an alternative strategy for those patients feeling distressed and at risk of harm to themselves or to others. Sensory modulation is an intervention that focuses on the person's senses which helps them to feel they have more control over their emotions in a calm environment (Champagne & Sayer, 2003).



Adapted from: <http://oracleandtarotgoddess.wordpress.com/tag/senses/>

WHAT HAS RESEARCH FOUND ABOUT SENSORY MODULATION?

Champagne and Sayer's (2003) research on Sensory modulation found that 98% of patients that used some form of sensory modulation found it to have a positive effect on limiting their distress.

Te Pou (2011) states that patients that used sensory modulation/room for 30-40 minutes lowered their distress and levels of agitation and hostile behaviours.

A study conducted in a mental health hospital made the comparison between a mental health hospital that had a sensory modulation room with another hospital that did not, and found 89% of patients reported decreased levels of distress in the hospital with a sensory modulation room (Cummings, Grandifeld, & Coldwell, 2010).

Sivak (2012) also found a 92.9% decrease in distress and zero patients used seclusion when sensory modulation rooms were used.

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CONCLUSION AND RECOMMENDATIONS

Research indicates that seclusion can be reduced with the alternative strategy of using sensory modulation.

Only one study proved conclusively that seclusion was reduced completely but all the studies proved that distress of patients was significantly reduced; the use of sensory modulation created the opportunity for staff to build a better rapport with a patient when they were in a calm environment with a form of sensory modulation compared with seclusion.

Sensory modulation is likely to be beneficial for patients with a behavioural disturbance in a mental health setting. It is a simple measure which may avoid the use of seclusion in mental health.

For more information visit the Te Pou website: <http://www.tepou.co.nz/>