

An Exploratory Mixed Methods Study of Staff and Consumer Perspectives about Sensory Approaches and Sensory Modulation Interventions Delivered within an Extended Inpatient Rehabilitation Mental Health Service

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Research exploring the consumer perspective builds evidence for true client-centred and Recovery-Oriented Mental Health service delivery as guided by accreditation standards, the Queensland Health Recovery Paper 2005 and the National Recovery Oriented Services policy. ^{13, 14, 15}

Sensory Approaches Occupational Therapy Program combining sensory modulation with the structured Sensory Connection Program

Informed by Neuroscience and mechanisms that balance excitation and inhibition of the central nervous system

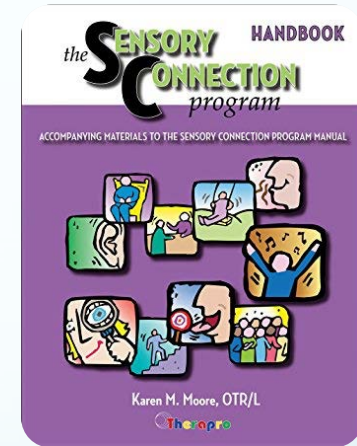
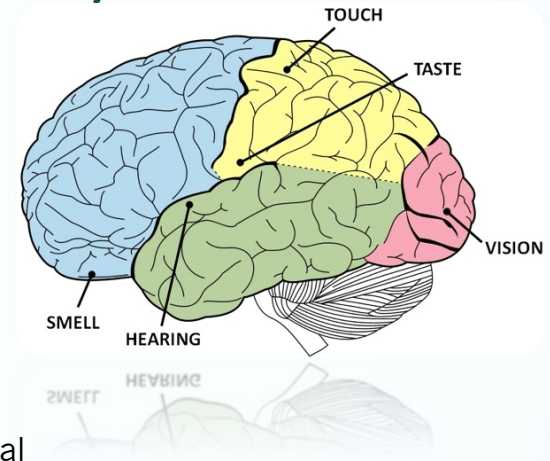
- Sensory thresholds contribute to an individual's daily choices, mood, routine ¹

Karen Moore: The Sensory Connection Program

- A structured program of sensory-based activities and strategies to foster emotional regulation and well-being ²

Tina Champagne: Sensory Modulation (and Environment) Program

- Trauma-informed use of sensory strategies for mental health to assist people who have difficulty with sensory processing ³
- Sensory-based modalities, sensory diet, and environmental enhancements are used ^{4, 5}
- These interventions are primarily used within Queensland Health mental health facilities, with focus to reduce seclusion rates within the inpatient setting ^{6, 7}.



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Limited information about staff & consumer perspectives – why is this important?

- Studies exploring consumer perspectives of experiences of inpatient care sensory rooms, identified reductions in distress (n = 47 to 336); findings were variable. ^{4, 8,9,10,11} Limited research on staff perspectives ¹²
- This research of consumer perspectives of the Sensory approaches occupational therapy program, will focus on identifying themes of experience (qualitative component) of sensory strategies, frequency of use of strategies (quantitative), as well as enable consumers to use sensory strategies to self-management mental health, well-being and emotional regulation.
- No literature has been found that integrates consumer and staff perspectives of sensory approaches and sensory modulation for extended inpatient rehabilitation settings (such as Community Care Units).
- This study also aims to explore both consumer and staff perspectives of the program

Clinical Practice Implications

- Staff perspectives will support identifying attitudes to recovery-oriented delivery of sensory approaches through occupational therapy, staff training needs, staff support of consumers for sustainable use of sensory strategies that work for the individual
- Consumer perspectives will inform how to better support people to take back control to: get well, stay well and benefit from sensory strategies tailored to their unique central nervous system and sensory preferences
- Results are still pending and data collection and analysis in progress ^(delays due to ethical approval process)

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