THE SENSORY ROOM
A Recovery Approach for Mental Health Patients
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Indications
• Safe Use of Sensory Equipment and Sensory Rooms in NSW Mental Health Services
• Staff & Patient meetings
• Brainstorming
• Values clarification

Room design
• List of ideas and equipment from patients, carers, families & multidisciplinary staff
• Testing of activities – PDSA cycle

Outcomes
• Reduction in anxiety
• Increase in coping strategies
• Patients choosing sensory methods over PRN medication use
• Patient empowerment

Evidence showed
• PRN medication use was high
• Depression & uncontrolled anxiety levels in patients

Aim of the sensory room
• Consumers develop self-awareness of stress triggers
• Reduce transfers to acute environments
• Reduce PRN medication, restraints and seclusion episodes
• Improve consumer/staff relationships
• Preparation back into the community

Patient Feedback
“The room is nice and lively”
“I am loving the massage chair”
“Blowing bubbles relaxes me”
“Distracts me from wanting to smoke”

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