

Storm Taming

Sensory Modulation within a Mental Health HDU

Presenters

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Impetus behind this project

National and State push for
reduction of the use of seclusion/restraint
in mental health services

National Safety Priorities in Mental Health: a National Plan for Reducing Harm (2005)

The plan identified **four priority areas** for attention nationally

“Reducing use of, and where possible eliminating, restraint and seclusion”

NSW Policy Directive PD2012-035: Aggression, Seclusion & Restraint in Mental Health Facilities in NSW

“Reducing the use of seclusion and restraint has been identified as a major practice change initiative for Australian mental health services.”

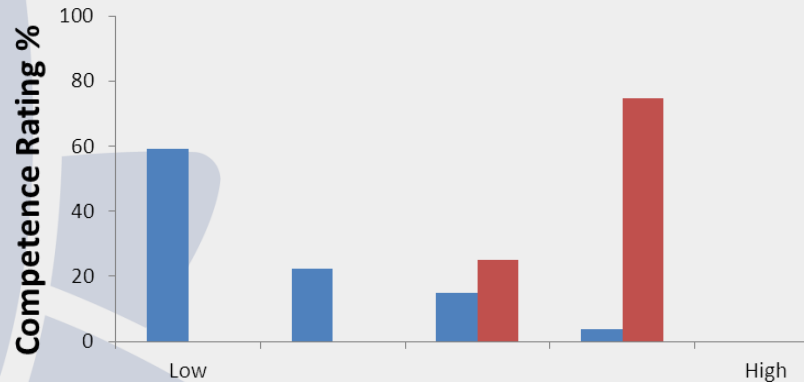
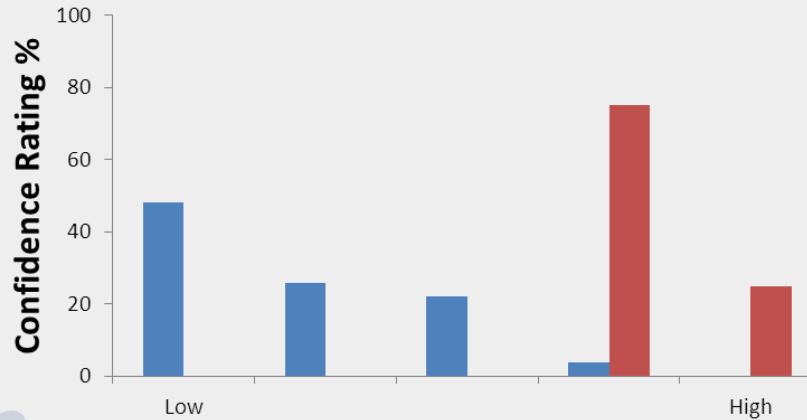
Why Sensory Modulation

Evidence indicates that coping strategies based on the use of sensory modalities can assist patients with emotional regulation resulting in a decrease in the need for seclusion and physical restraints.

(Champagne & Stromberg, 2004)

What we did

Develop, deliver and evaluate a staff training program aimed at developing staff **competence** and **confidence** related to use of sensory modulation tools/techniques



■ Pre Training %

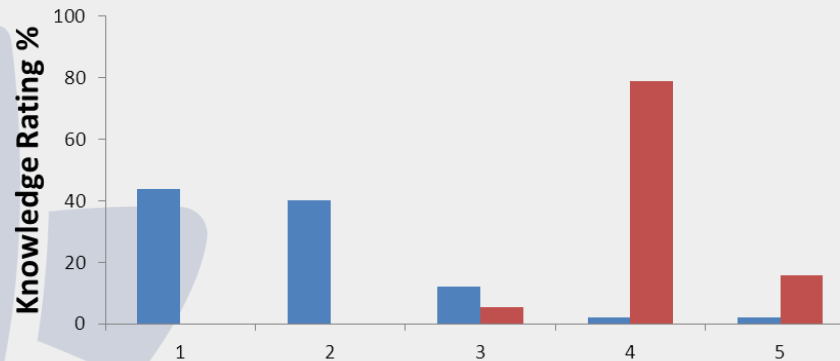
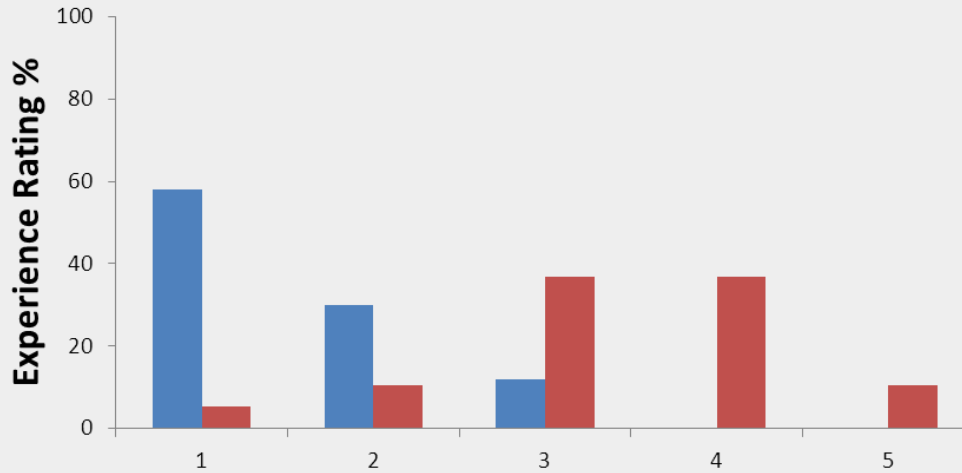
■ Post Training %



Health
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Quality and Excellence in Regional Healthcare

Experience and Knowledge related to use of sensory modulation tools/techniques



■ Pre-training% ■ Post-training%

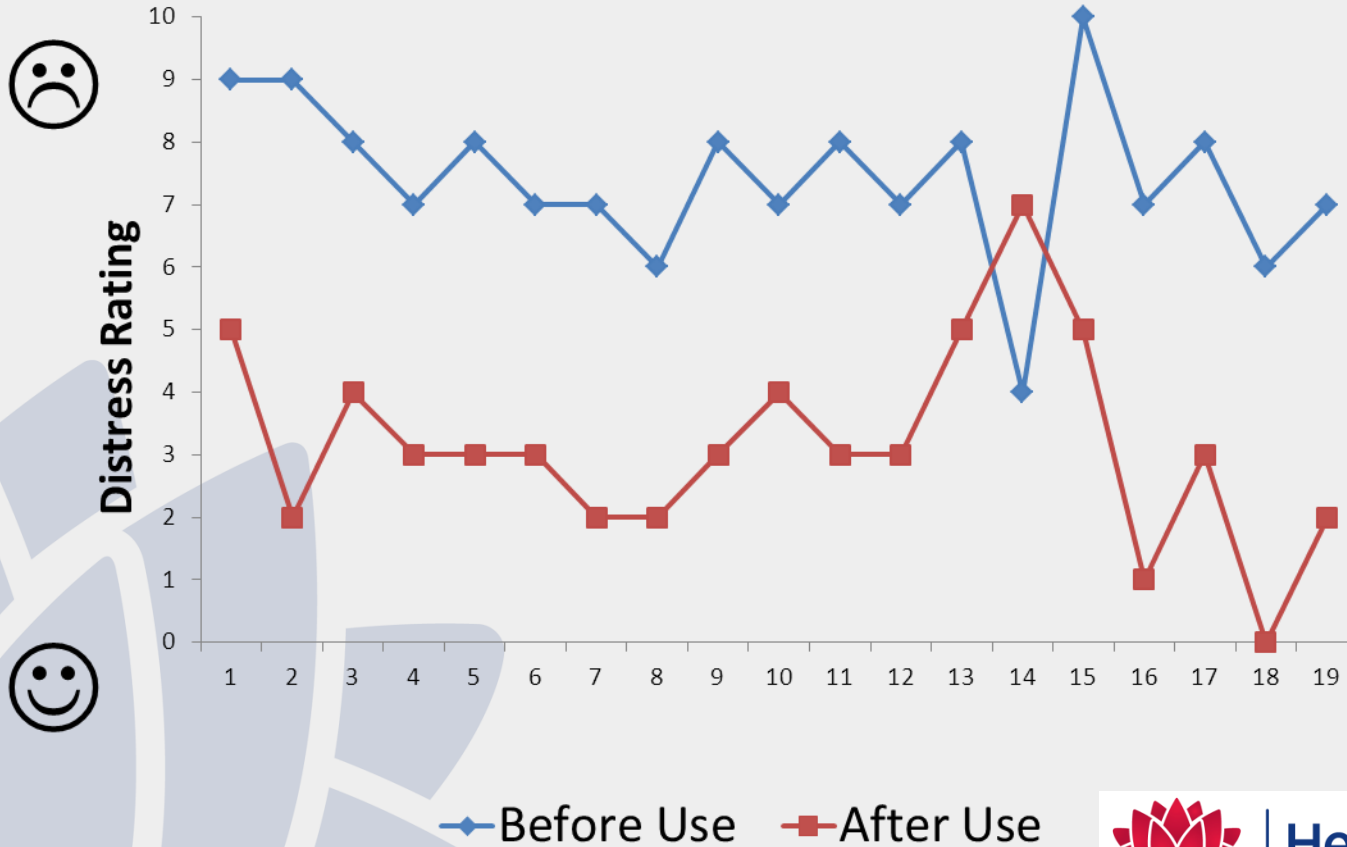


NSW
GOVERNMENT

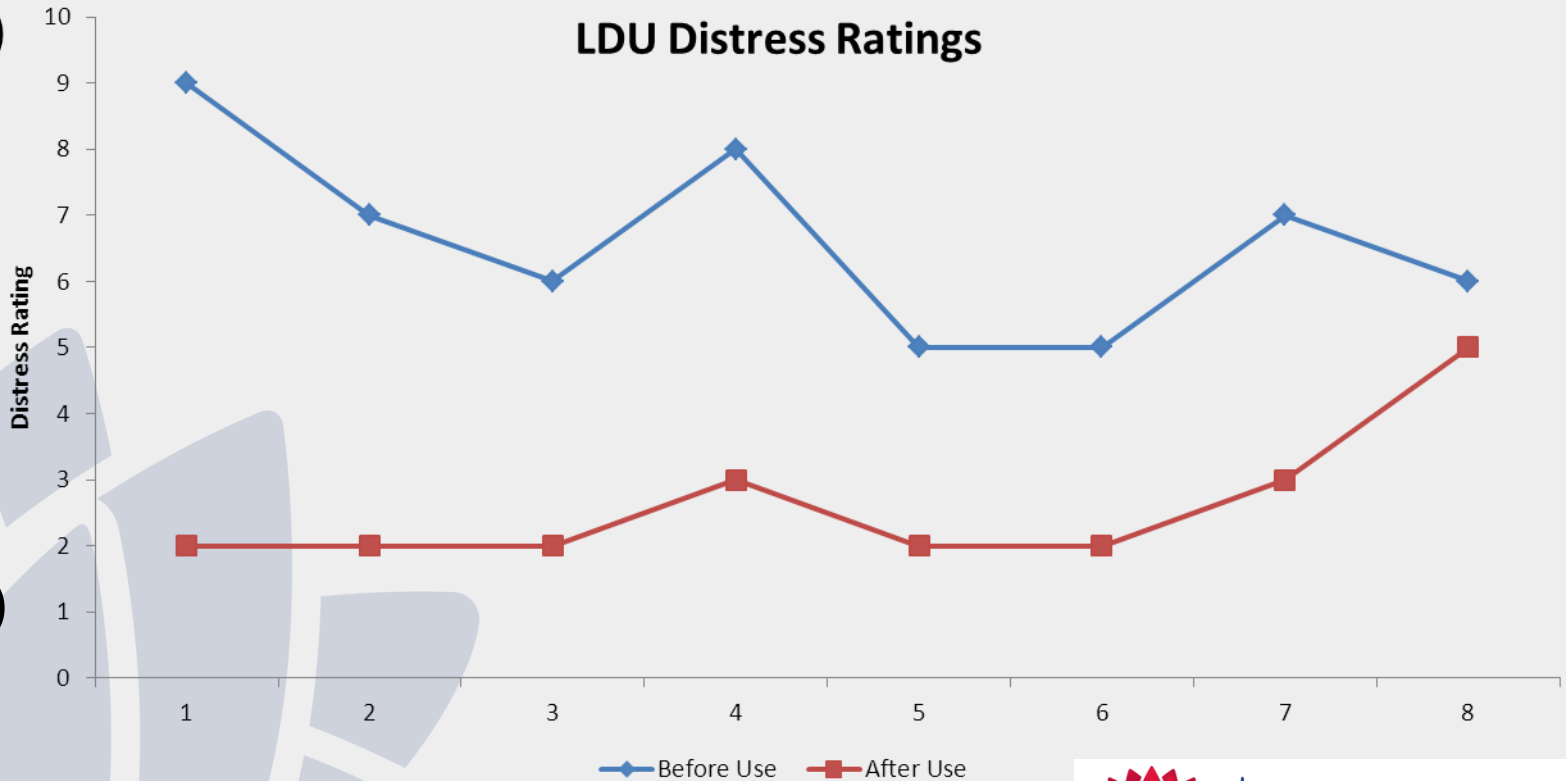
Health
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Quality and Excellence in Regional Healthcare

Evaluate the value of utilising sensory modulation tools within a MH HDU

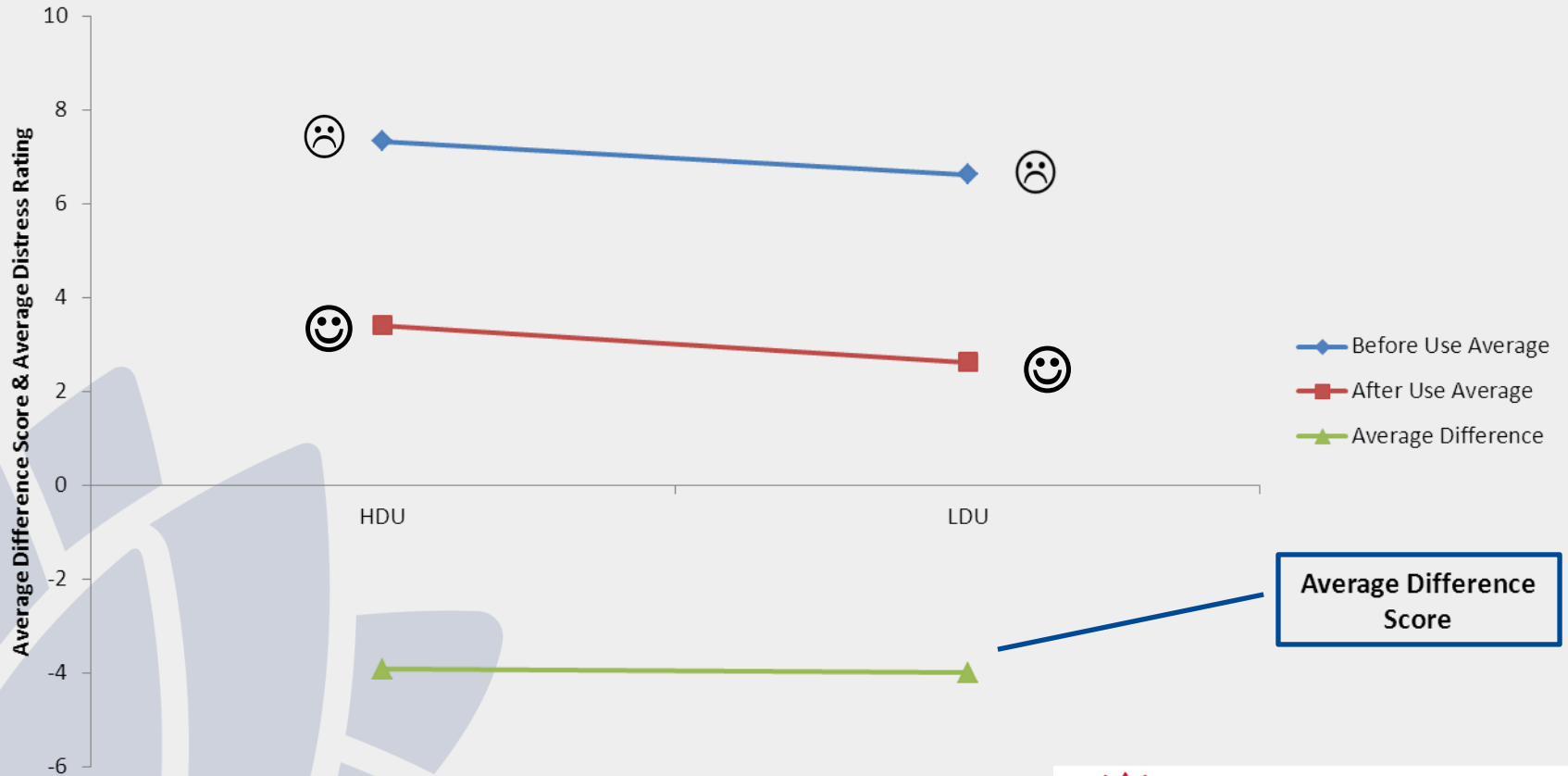


Extended project into the LDU

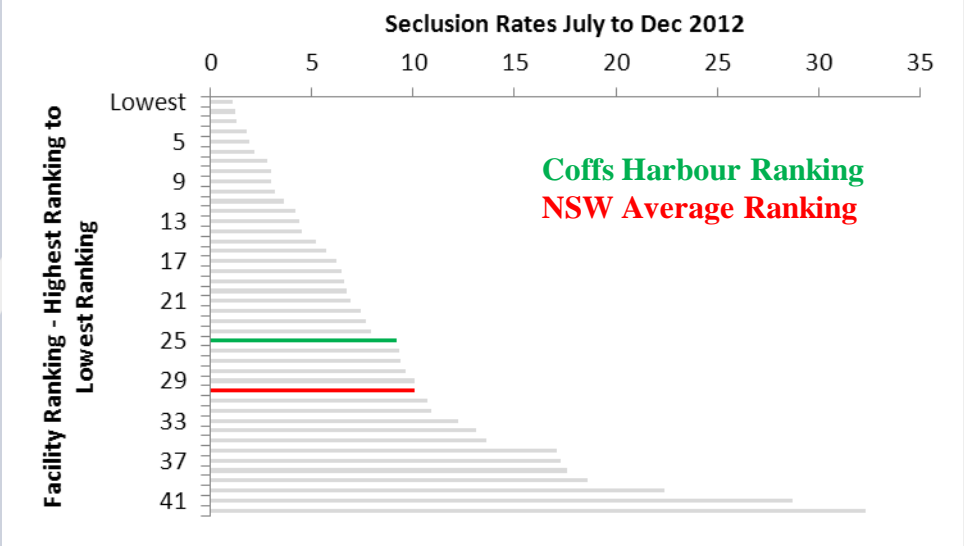
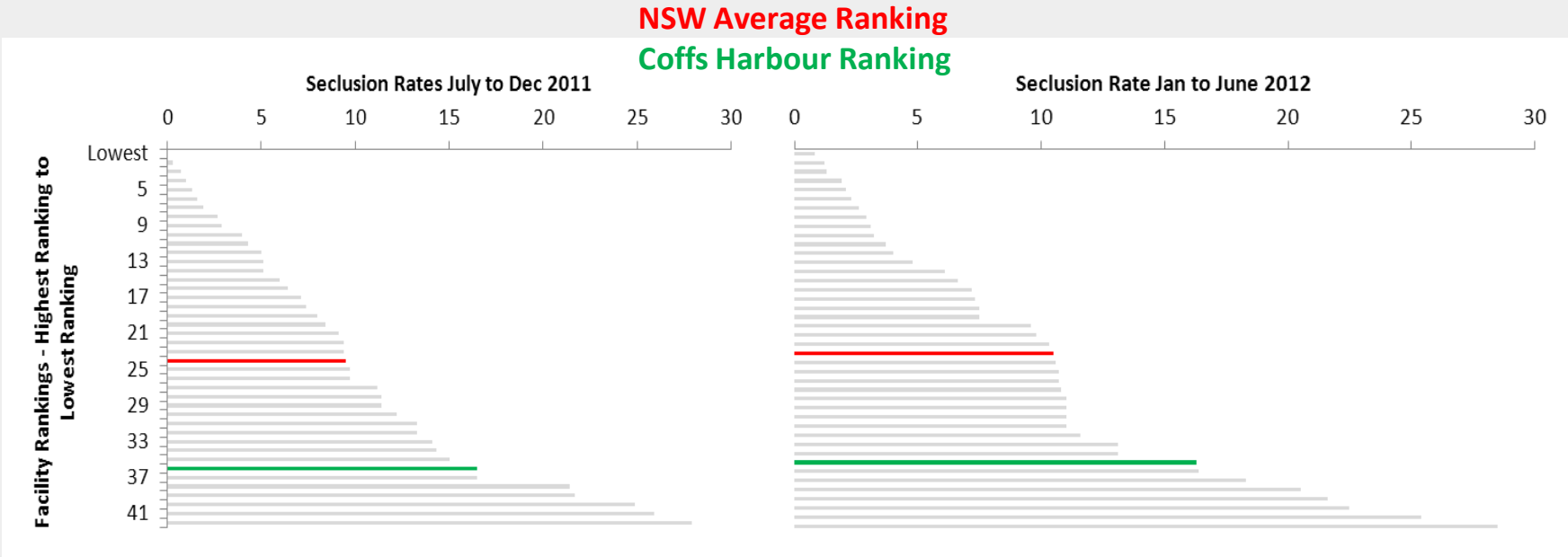


Comparison Averages HDU/LDU

Comparison between HDU and LDU Average Distress Ratings



Six-monthly comparisons between 41 comparable NSW MH Units



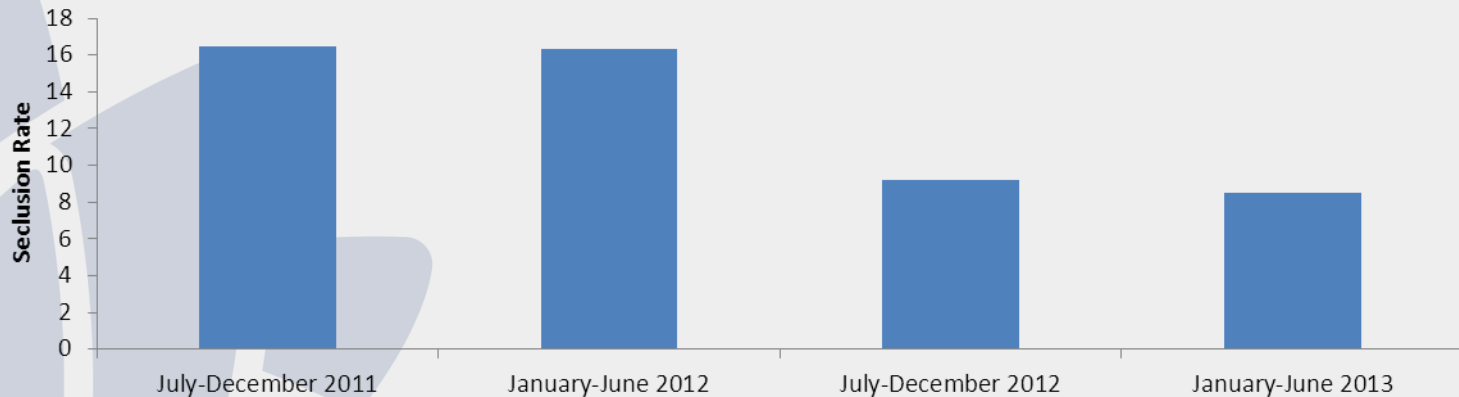
July to December 2011 and January to June 2012 Coffs Harbour recorded the 7th highest and 8th highest seclusion rates when compared to 40 other comparable mental health units across NSW.

July to December 2012 – Coffs Harbour ranked below the NSW Average, ranking 18th highest when compared to the other mental health units.

Comparison rates across NSW Acute Mental Health Units are not yet available for 1 January to 30 June 2013, however, the seclusion rate for Coffs Harbour Acute Unit for that period has been calculated at 8.5 showing a further reduction from the 1 July to 31 December 2012 period.

Rate Recording Period	Rate
July-December 2011	16.5
January-June 2012	16.3
July-December 2012	9.2
January-June 2013	8.5

Coffs Harbour Acute Mental Health Unit Comparison Seclusion Rates per 6 month time frame



Summary

1. Results indicate good maintenance of staff competence and confidence post training
2. Significant patient distress reduction has been observed following sensory modulation equipment use
3. Seclusion rates have been reduced – difficult to attribute this reduction solely to the introduction of sensory modulation into the HDU – could argue it is certainly a contributing factor



Acknowledgements

Utopia Edwards (Site Manager Coffs Harbour Mental Health)

Coffs Harbour Acute Mental Health Staff

References

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- O'Hagan M, Divis M, Long J. (2008). *Best practice in the reduction and elimination of seclusion and restraint; Seclusion: time for change*. Auckland: Te Pou Te
- UN principles for the protection of people with a mental illness, Principle 11, paragraph 11.
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- www.pbase.com/okweatherwatch/lightning

