

XXXXXXXXXXXXXXXXX HEALTH CARE CORPORATION  
XXXXXXXXXXXXX HOSPITAL

**POLICY TITLE: USE OF THE SENSORY MODULATION ROOM**

**I. PURPOSE**

To develop guidelines for the use of the sensory modulation room and activities/equipment. These guidelines will provide and ensure a safe environment, an orderly room, and the maintenance of supplies for the multidisciplinary treatment program.

**II. POLICY**

The sensory modulation room offers a nurturing, person-centered sensory supportive environment and interdisciplinary treatment space. It is used to facilitate empowerment, self-organization, relaxation, sensory awareness, communication, reality orientation, activity tolerance and general awareness of self, peers and the environment.

**III. SCOPE**

This policy applies to the inpatient psychiatric unit.

**IV. DEFINITION**

Sensory Modulation- The ability to regulate and organize reactions to sensory input in a graded or adaptive manner (behavioral). The balancing of excitatory and inhibitory inputs, and adapting to environmental changes (neurophysiological).

Open Sensory Room- This is a daily group offered, which allows for the supervised use of the sensory room; to explore the various modalities and/or to use the space.

**V. PROCEDURE**

- A. The sensory modulation room is available for small groups and individual sessions. The room must be left in a clean and orderly condition.
- B Staff must supervise any patient use of this room.
- C. The OT and group program staff has priority in using the space for group and individual treatment sessions, although it is considered an interdisciplinary treatment space.
- D. When staff is not in the room, the door must remain locked.
- E. Items in the locked cabinet are for use by the OT staff only and it should remain locked unless in use. Requested items from this cabinet may be obtained by the OT staff.
- F. "Open Sensory Room" may be run by any unit staff who has completed the sensory modulation trainings for the unit.

G. Items generally stored in this room include:

1. Bean bag chairs, rocking chair and glider rocker
2. Assorted items for each of the sensory areas
3. Reading materials – therapeutic books and magazines, educational literature
4. Relaxation and exercise videos
5. Music – CD's, cassette tapes, stereo equipment, therapeutic listening equipment, musical equipment
6. Movement – therapy balls, scarves, thera-band, weighted balls
7. Weighted items – weighted blankets, lap pads, arm/wrist weights, vests
8. Objects for mindfulness and distress tolerance activities.
9. Other assorted sensory modalities

H. Items may be taken out for individual patient use at staff's discretion. The patient's name, the materials borrowed, the date, and time signed out should be documented on the sign-out board in the sensory room. Refer to unsafe items policy for any concerns regarding unsupervised items that a patient may use.

I. Discuss what is meaningful and helpful to the patient with them directly. The information enclosed on the safety tool, sensory profile and sensory section of the OT evaluation, offers additional information regarding what items or activities may be helpful to the patient. This information is enclosed in the patient's chart.

J. Staff can locate educational and related information by referring to the sensory room resource manual and various sensory-related educational resources. These are located in the OT/Art room.

K. Staff must adhere to the West 5 activities equipment infection control policy regarding the cleaning of all items.

L. Staff aware of any damaged equipment should follow the hospital-wide guidelines for the initiation of repairs immediately.

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**M. GENERAL PRECAUTIONS**

1. Allergies
2. Seizure history
3. Diagnostic considerations
4. Trauma history
5. Respiratory precautions
6. Cardiac precautions
7. Medication changes or side effects
8. Environmental (ex: lighting, background noise, polemics, tone of voice)

Inpatient Psychiatry Policy # 33  
Use of the Sensory Modulation Room

**VII. CROSS REFERENCE(S)**

Unit Safety Policy # 27  
W5 Activity Equipment Policy # 34  
Musical Instruments Policy #16

**IX: REVIEWED/APPROVED BY**

Behavioral Health Clinical Excellence Committee, February 2006  
Behavioral Health Administrative Team, February 2006

**X: KEY WORDS**

Sensory room, sensory modulation, relaxation, self-organization

**Approval:**

\_\_\_\_\_  
Date  
V.P. Patient Care Services

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Date  
Director of Behavioral Health

\_\_\_\_\_  
Date  
Nurse Director, Behavioral Health

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