

# Empowering Therapeutic Practice: Sensory Room Utilization and Nursing Education in Pediatric Psychiatry

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## Background

Children and adolescents in inpatient mental health facilities often face emotional dysregulation due to crises and trauma. Traditional interventions like psychoeducation and medication may not fully meet their sensory and emotional needs. To address this, a sensory room initiative was created, providing a safe, trauma-informed space for individualized sensory regulation and emotional stabilization, aimed at improving patients' comfort and mental well-being (Smith & Jones, 2021).

## Methodology

### Objective:

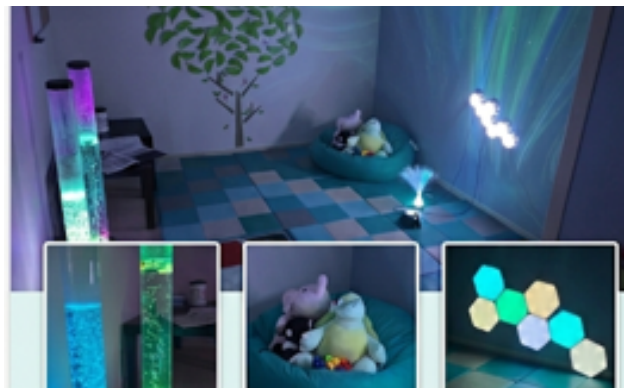
- To assess the impact of sensory rooms on adolescents' ability to regulate their emotions
- To evaluate the clinical effectiveness of sensory rooms in reducing emotional distress
- To examine changes in staff utilization of the sensory room before and after structured training

### Design & Setting:

- Quality improvement initiative.
- Child and Adolescent Inpatient Mental Health Unit
- Data from staff surveys, room-use logs, and emotional regulation scores.

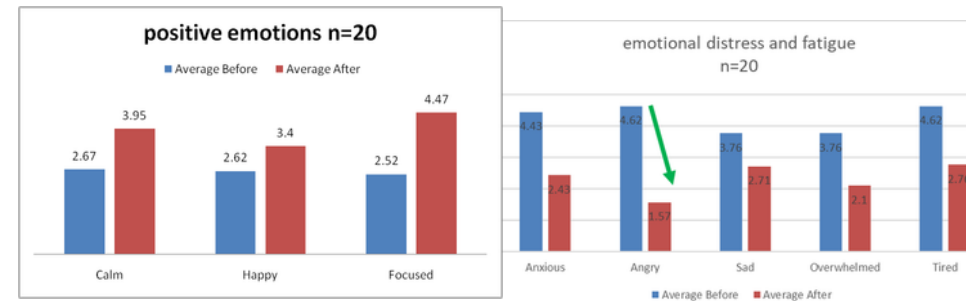
### Intervention:

- Conducted educational sessions on sensory modulation.
- Created supportive tools and guides.
- Encouraged regular use of the sensory room.



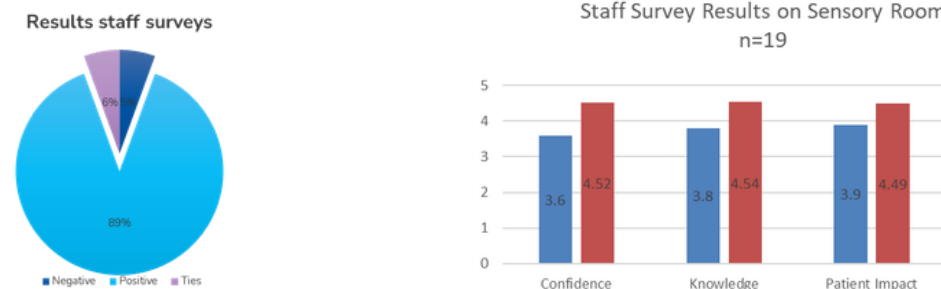
## Survey Results of Patient about Emotions (n=20)

Scores improved Calmness (2.67 to 3.95) Happiness (2.62 to 3.4) Focus (2.52 to 4.48). Decrease in anxiety (4.43 to 2.43) anger (4.62 to 1.57), and overwhelm (3.76 to 2.10).

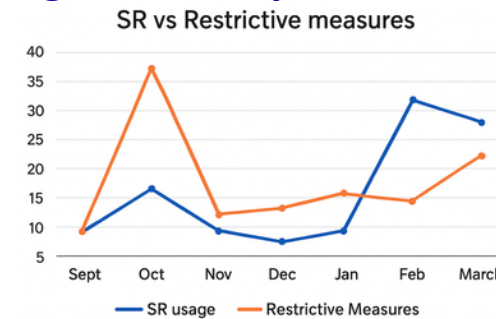


## Survey Results Sensory Room Training (n=19)

Staff confidence rose from 3.6 to 4.52, knowledge from 3.8 to 4.54, and patient impact from 3.9 to 4.49. Confidence in non-pharmacological interventions increased by 19.2%, with 89% of staff giving positive feedback.



## Logs and Comparative Results



In February and March of 2026, the increased utilization of sensory rooms resulted in a reduction in restrictive interventions. Early access to these spaces has proven effective in promoting emotional regulation.

## Conclusion and Key Messages

### Impact:

Positive emotions increased; negative feelings decreased after using the sensory room.

Usage surged in early 2026, leading to fewer restrictive measures.

89% of staff reported improved self-regulation post-training. Patients felt calm and provided positive feedback.

### Key Takeaways:

Sensory room modulation is effective.

Early access helps prevent escalation and supports recovery.

Active nursing staff engagement is crucial.

### Future Directions:

Prioritize ongoing staff training.

Focus on educational initiatives to reduce restrictive measures.

Two sensory room champions for sustainability.

## Patient Voice: The Power of Calm

Real-world impact of the Sensory Room

"It makes me feel very calm and everything is very peaceful"

"I love it — patient also showed SR to her parents as a positive coping tool"

"I love the bean bag chair and how nice and calm it made me"

"hidget tube — I like"

"It was very calming and enjoyable"

### References:

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- Scott, H. (2021). \*Sensory Modulation for De-escalation on an Adolescent Psychiatric Unit\*. \*Doctor of Nursing Practice Papers\*.
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