



St Margaret of Scotland Hospice

Audit of the efficacy of Snoezelen Therapy in a Specialist Palliative Care Unit

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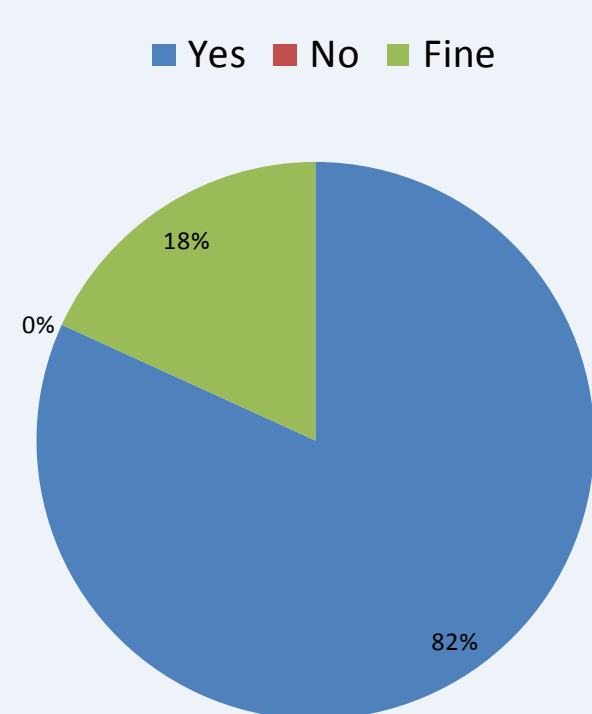
Introduction

Snoezelen is a therapy developed in the seventies in an establishment caring for disabled people. It is a multisensory environment. The evidence suggests it is beneficial for use within a Specialist Palliative Care unit for promotion of relaxation and some anxiety and pain management within a supportive setting.

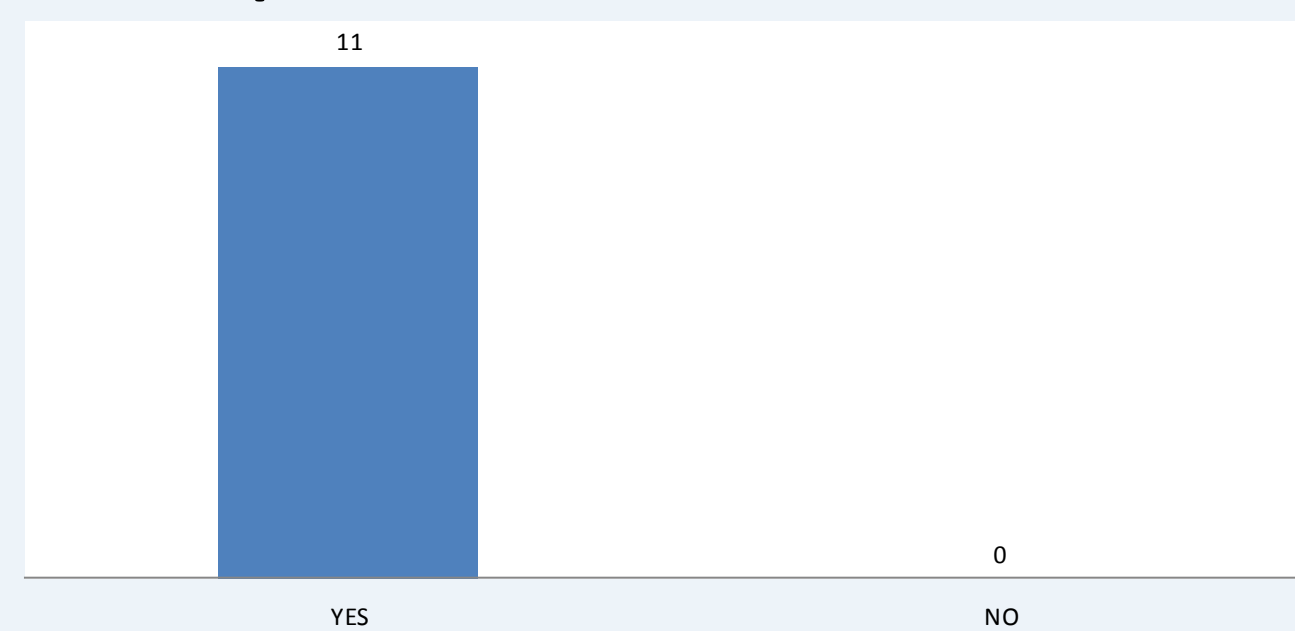
Aim

To explore the effectiveness of Snoezelen Therapy for patients with specialist palliative care needs.

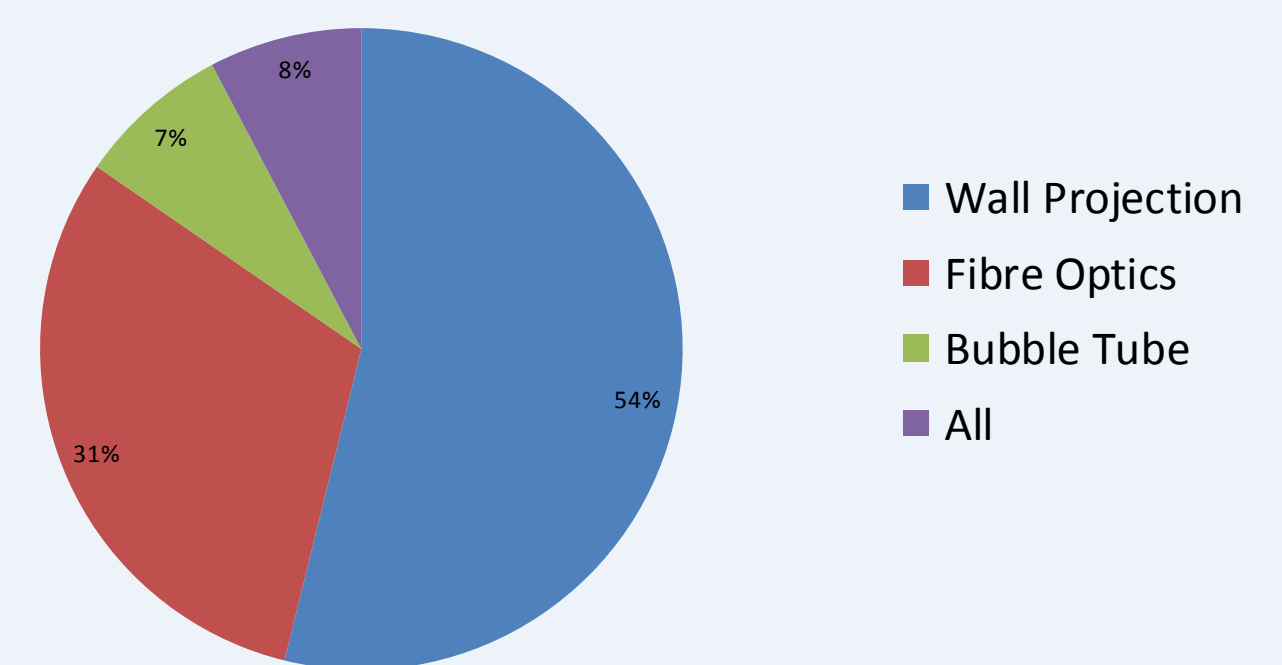
Enjoyment of Snoezelen Session



Appropriate Amount of Time Spent in Snoezelen Session



Use of Equipment



Methodology

Retrospective analysis of participants. Evaluation was performed on eleven random participants after one or more session(s) in the Snoezelen with a set questionnaire focussing on the benefits and experience participants felt through the use of the Snoezelen room.

This Specialist Palliative Care unit has a dedicated Snoezelen room with state of the art equipment. Results were disseminated and presented to a Multi-Professional Meeting.

Result

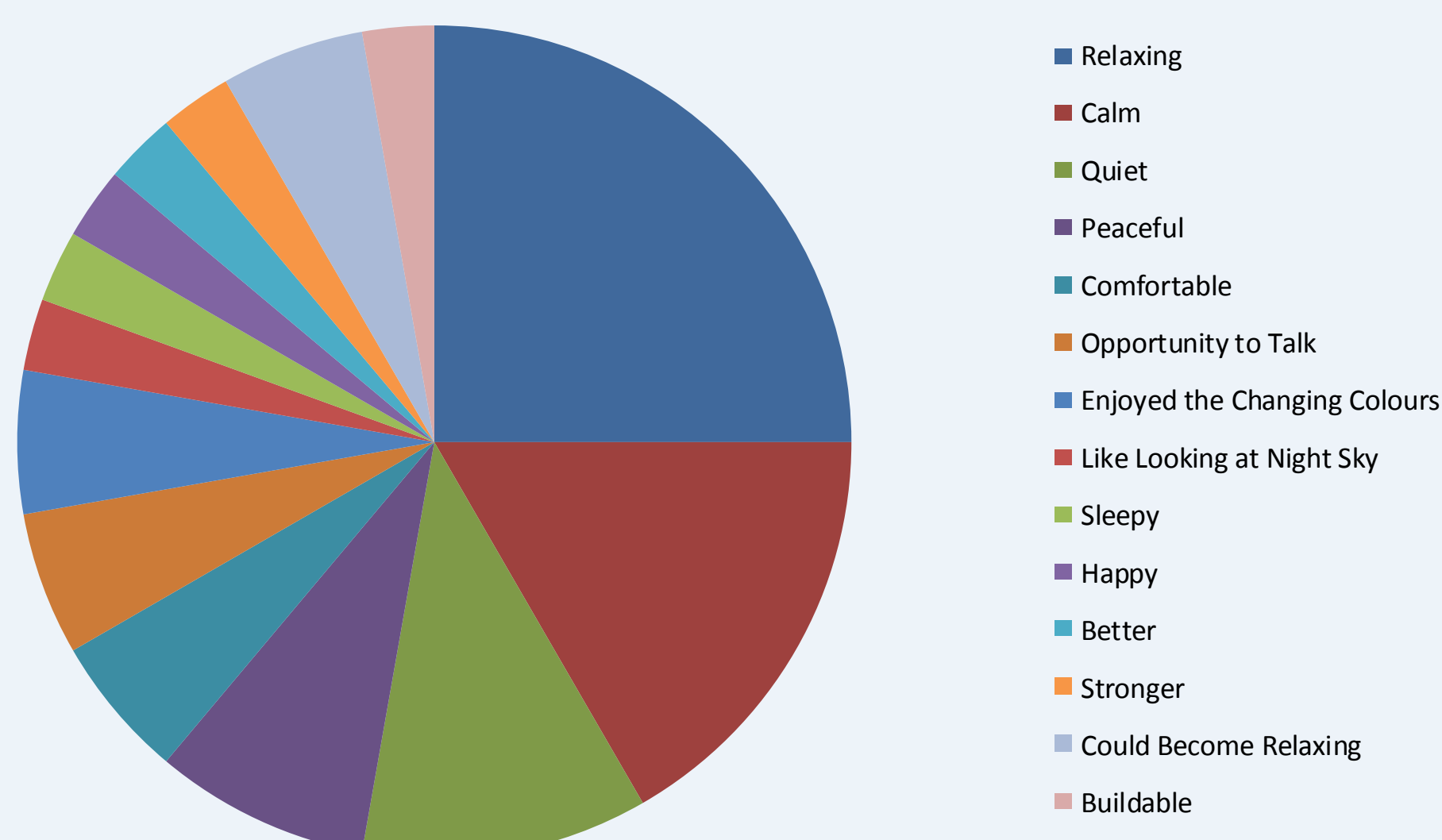
Nine out of eleven participants enjoyed the session.

All eleven participants would like to experience further sessions.

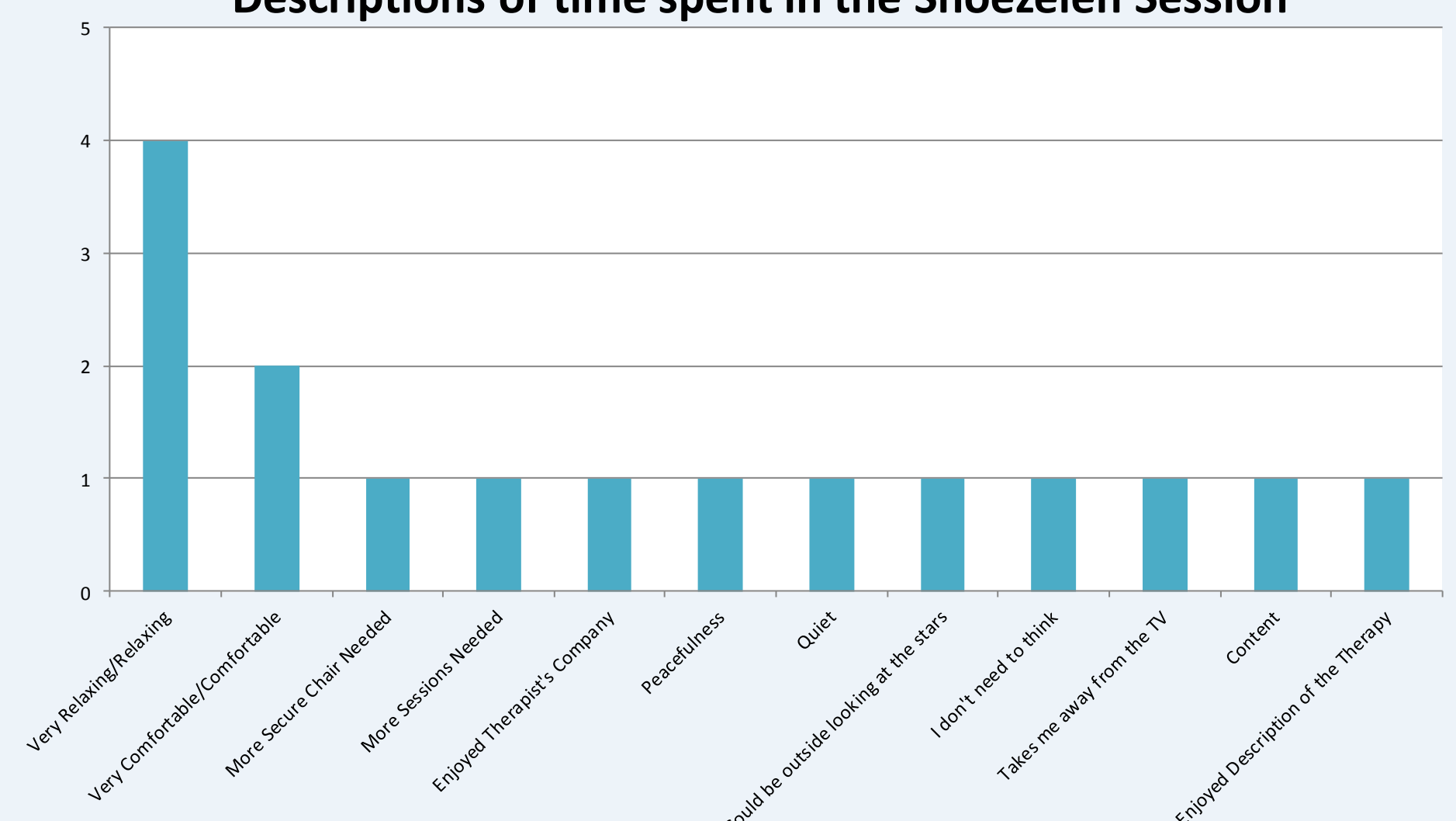
Nine out of eleven participants experienced relaxation.

Snoezelen Therapy for patients who have Specialist Palliative Care needs can be beneficial to patient care and quality of life through providing relaxation, enjoyment and a peaceful environment.

Benefits Felt from Snoezelen Session



Descriptions of time spent in the Snoezelen Session



References: Cunningham, C.C., Hutchinson, R. & Kewin, J. 1989, "Recreation for people with profound and severe learning difficulties: the Whittington Hall Snoezelen project." In: Hutchinson, R. (ed) *The Whittington Hall Snoezelen project: a report from inception to the end of the first twelve months*. Chesterfield, North Derbyshire Health Authority.

Hagger L.E., & Hutchinson, R. 1991, "Snoezelen: an approach to the provision of a leisure resource for people with profound and multiple handicaps." *Mental Handicap*, pp. 18.

Hutchinson, R. 1992, "Sensory environments, ideas about design and application." *North Derbyshire Health Authority*.