



Occupational Therapy & Sensory Integration within the Adult Mental Health Population, UK

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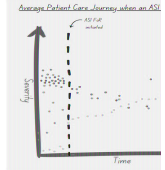
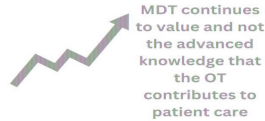
Introduction

Occupational Therapist (OT) working in Mental Health (MH) Services have traditionally focused on a top-down approach with little emphasis on the root causes of occupational performance strengths and challenges. The NHS long Term Plan (2019) is committed to preventing MH crisis for autistic people by providing sensory friendly environments to positively impact care. NHS OT are exploring if Ayres Sensory Integration (ASI) can enhance MH service provision.

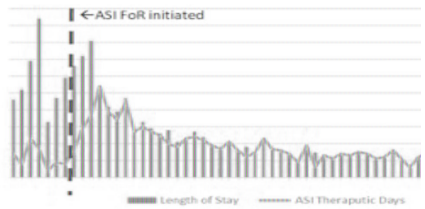


Results

Overall, this study shows, supports and replicates Brown et al. 2009, providing further evidence that ASI positively impacts individual patient quality of life.








Impact on Length of Stay when ASI For All



Methodology

- Quality improvement study
- Enhanced ASI Training for OT's
- ASI embedded MH OT Service offer
- Patients' journey
- Cross matched to admission reasons

-  **Sensory History**
Occupational Strengths and Weakness
-  **Comprehensive Sensory Integration Assessment**
AASH | EASI | Sensory Ladders | Unstructured Clinical Observations
-  **Hypothesis**
Cross matched to Assessment Data to Admission Reason
-  **Goal Setting**
MOHOST | GAS
-  **Intervention**
ASI Fidelity Adapted for use with adults

Conclusions

Whilst this study showed a clear benefit of using an ASI For within an NHS acute adult MH services, both from an operational service level and from a patient care and recovery perspective, a wider pilot across MH services will provide equity for patients and service users that access MH services across the lifespan.

Further research and trials are needed alongside developing sensory awareness across the MDT to embed this approach as core business. Additionally, advanced ICE-ASI accredited ASI education, should be sought for all Occupational Therapists as well as Physiotherapist and Speech and Language Therapist colleagues.

It is likely that the ASI For may be key to delivering the current Department of Health MH quality improvement vision; reducing health inequality and occupational injustice. Further studies are needed to explore ASI's application as a 'Health of the Nation' (1992) cost-saving initiative to deliver against increasing NHS budgetary concerns and constraints.

References

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