

# Best Practice Guidelines for Multi-Sensory Stimulation Therapy: A Palliative Care Intervention

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# Introduction

- ❑ The need for LTC beds will increase tenfold with Canada's aging population (Alzheimer Society, 2010)
- ❑ Currently, 65% or more of residents in Ontario's LTC homes have dementia (Alzheimer Society Ontario, 2010)
- ❑ 67% of dementia-related deaths occur in nursing homes (Mitchell, et al., 2005)
- ❑ Individualized activities and resources are needed in LTC that will benefit this population

# Introduction

## Multi-Sensory Stimulation (MSS) Therapy - aka Snoezelen

- ❑ Involves stimulating senses, connecting and interacting with LTC residents with minimal verbal communication, particularly those with dementia.
- ❑ Used commonly in long-term care homes for therapeutic and recreational purposes.
- ❑ Little knowledge exists on how to best utilize this resource in LTC, particularly for residents living with dementia at the end-of-life



# Background

## Quality Palliative Care in Long-Term Care Homes (QPC-LTC)

- ❑ Improve the quality of life for residents in LTC
- ❑ Develop interprofessional palliative care programs
- ❑ Create partnerships between LTC homes, community organizations and researchers
- ❑ Create a toolkit for developing palliative care in LTC Homes that can be shared nationally
- ❑ Promote the role of the Personal Support Worker in palliative care



# Background

Two of the four LTC homes have invested in MSS therapy equipment and have a dedicated room

Environmental Scan revealed this resource was underutilized

A needs assessment was completed to understand the barriers and facilitators

## Barriers

- Staff lacked time to use resource with residents one on one
- Minimal knowledge amongst nursing staff on providing therapy
- Access to room
- General awareness of room/equipment

## Facilitators

- Trained staff member in life-enrichment department
- Lots of variety of equipment available
- Volunteers provide one-to-one programming

# Creating a Toolkit

- An interdisciplinary task group was established
  - Spiritual Care Advisor
  - 2 Personal Support Workers
  - 2 Volunteer Coordinators
  - Life Enrichment Supervisor
  - 2 Life Enrichment Aides
  - Learning and Professional Practice Coordinator
  - 4 Social work students

Purpose - Toolkit is designed to be a resource to anyone using the MSS therapy equipment

- Provides educational background information
- Provides guidelines on how to facilitate a MSS therapy session
- Describes the MSS therapy equipment
- Explains how to document therapy session

# Snoezelen Weekly Notes

Date/Time	Resident/Rm #	Residents Reaction In/Out	Comments	Your name
Example December 25 <sup>th</sup> , 2010 0935	Jane Smith 459	 In  Out	Resident was upset today and seemed to be restless and exit seeking. Enjoyed light spray and music from the ocean.	Shelley Tallon
		 In  Out		
		 In  Out		
		 In  Out		
		 In  Out		
		 In  Out		

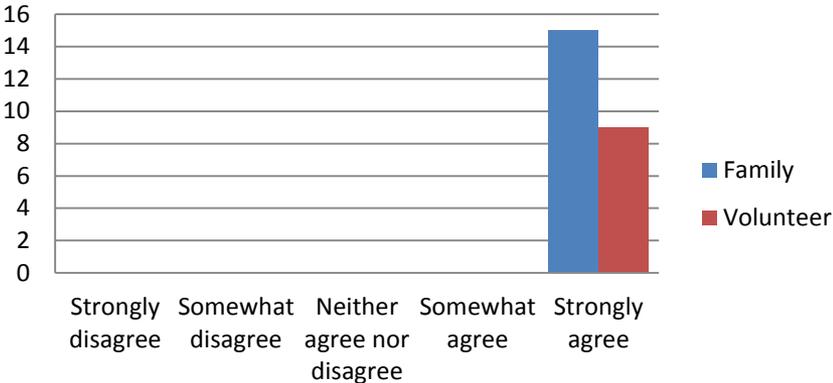
# MSS Therapy Training

- ❑ Training was offered to introduce toolkit and demonstrate how to facilitate a MSS therapy session
- ❑ Toolkit was pilot tested with a volunteer group known as “the Caring Hearts” – total 6 volunteers
- ❑ One hour training sessions were held in the afternoons and in the evenings
- ❑ An additional 15 family members, 9 volunteers, 14 staff members completed the training in a one month time period (June 2011)

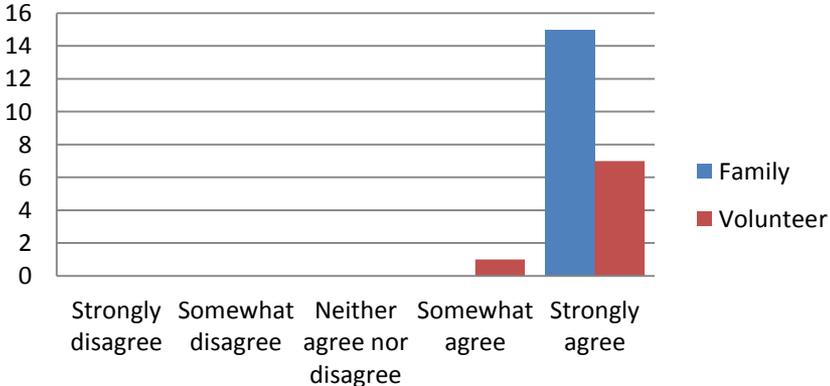


# Evaluation Results

**I found this training session helpful**

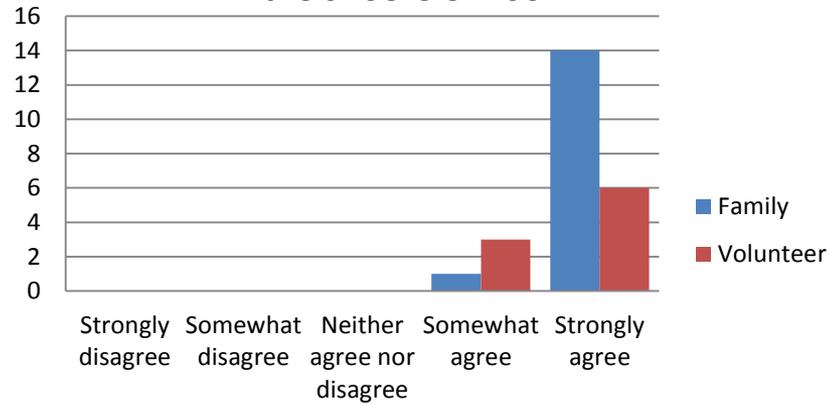


**I plan to use this room in the future**

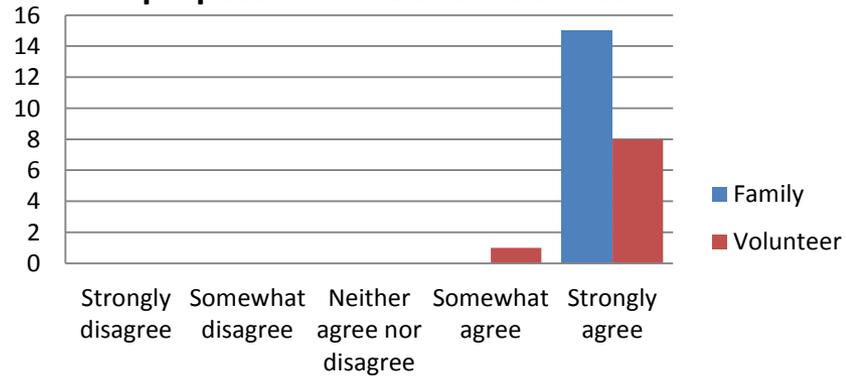


# Evaluation Results

## I have a clear understanding of how to use the Snoezelen room



## I have a clear understanding of what the purpose is of the Snoezelen room



# Evaluation Results

"This is a wonderful way of sharing and interacting with a loved one who now has limited communication abilities! Thank you." -Family member

"I really do hope everyone gets trained to use it so residents and family can take advantage of it." -Family member

"Very excited about having the opportunity to see if it benefits my mother's mental alertness." -Family member

"Definitely a nice option for staff, volunteers, patients/clients." –Volunteer

"This session was an extreme benefit for me, as I come 3X/week for a resident on the 3rd floor. Thank you very much." -Volunteer

# Next Steps

- Continue to create awareness on MSS therapy to families especially on admission
- Offer further training opportunities to staff, family members and volunteers
- Develop an interdisciplinary referral process to identify residents that would benefit from MSS therapy
- Use RAI indicators to monitor residents response to the therapy



# Conclusion

- ❑ LTC homes need to continue to find creative programs to meet the individualized needs of people living with dementia at the end of life
- ❑ MSS therapy offers a failure free, individualized experience
- ❑ Having family members and volunteers provide MSS therapy benefits their relationship with the resident as much as it benefits the resident's well-being

For a copy of the toolkit please visit our website:

[www.palliativealliance.ca](http://www.palliativealliance.ca)



# Further Information

Visit our website

[www.palliativealliance.ca](http://www.palliativealliance.ca)

Contact us

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