

Sensory Triggers Screen Acute Medical Environment

Sensory Modulation Brisbane
Sensory-modulation-brisbane.com

Patient ID Label Here

The **Sensory Care Plan** is designed to help staff identify:

- known triggers and early signs of distress for patients with cognitive impairment
- sensory based interventions to alleviate stress and agitation and promote calm

Signs of Distress: (please tick changes in behaviours that can indicate increased stress or agitation)

<input type="checkbox"/>	Crying out/ shouting	<input type="checkbox"/>	Wandering (exits, other rooms)	<input type="checkbox"/>	Increased confusion
<input type="checkbox"/>	Speaking rudely/ swearing	<input type="checkbox"/>	Grimacing/ yawning / lip smacking	<input type="checkbox"/>	Reduced energy levels
<input type="checkbox"/>	Rocking or shaking	<input type="checkbox"/>	Hitting out	<input type="checkbox"/>	Changes in continence
<input type="checkbox"/>	Wringing hands	<input type="checkbox"/>	Activity refusal (ie self cares)	<input type="checkbox"/>	Throwing things
<input type="checkbox"/>	Grabbing at people	<input type="checkbox"/>	Rubbing / scratching limbs	<input type="checkbox"/>	Head banging
<input type="checkbox"/>	Other:	<input type="checkbox"/>	Other:	<input type="checkbox"/>	Other:

Known Triggers: (please tick & provide comment on known triggers that escalate distress)

<input type="checkbox"/>	Physical – sleep, pain, hunger, constipation	<input type="checkbox"/>	Assisted movement – transfers, moving with pain
<input type="checkbox"/>	Times of the day – visitors leaving, bedtime	<input type="checkbox"/>	Particular memories/ associations
<input type="checkbox"/>	Assisted self care – showers, dressing, toileting, dressing changes.	<input type="checkbox"/>	Medical procedures – IVs, BPs, X-ray, coming out of anaesthesia.
<input type="checkbox"/>	Certain noises – medical, trolleys, moaning	<input type="checkbox"/>	Ward routines – ward rounds, night torch, curtains
<input type="checkbox"/>	Certain odours – faeces, disinfectant, sweat	<input type="checkbox"/>	Other – sight of injuries, change in diet (soft food)

Sensory Care Strategies to Promote Calm and Reduce Distress:

Strategy	When to use	How to use

Sensory Preferences

Sound Preferences: (please record particular likes and dislikes)

	Like	Dislike		Like	Dislike
Increased volume of noise			Listening to music		
Lower volume of noise			Sounds of nature		
Background/ white noise			Guided relaxation exercises		
Using earplugs/ earphones			Singing / Humming / Whistling		
Playing an instrument			Other -		

Sight Preferences: (please record particular likes and dislikes)

	Like	Dislike		Like	Dislike
Familiar items (eg- photo, rug for bed, religious/ cultural symbol)			Particular books / magazines / puzzles / card games		
View or pictures of nature			Watching a movie or television		
Flowers/ pot plants			Dim or subdued light		
Certain colours			Brighter or natural light		
Open / closed curtains			Bare walls or uncluttered spaces		
Busy / less busy environment			Other -		

Taste and Smell Preferences: (please record particular likes and dislikes)

	Like	Dislike		Like	Dislike
Warm or cold drink			Blowing bubbles, balloons		
Ice or slushy drink			Sucking through a straw		
Chewy or crunchy foods			Particular scents or fragrances		
Chewing things (pens, lollies)			Smell of flowers or herbs		
Particular flavours/ tastes			Other -		

Touch, Body & Movement Preferences: (please record particular likes and dislikes)

	Like	Dislike		Like	Dislike
Exercises/ stretches			Sleeping under heavy blanket		
Pacing/ walking /moving body			Hugging a pillow or other item		
Firm touch like massage			Having hair brushed/ styled		
Keeping hands busy			Busy activities/ environments		
Going for walks			Riding in vehicles, lifts, trains		
Gardening			Being alone/ in own company		
Dancing			Air temperature – cool or warm		
Human contact/ touch			Cool or warm shower		
Rocking/ tilting on chairs			Cool or warm gel pack		
Squeezing things in hands			Craft – knitting, drawing		
Calming breathing			Participating in group activity		
Tight clothing/ firm shoes			Writing/ doodling		
Wrapping self in blanket/ shawl			Other -		

Book:

Sensory Modulation Resource Manual:

Paperback: Book Depository

Ebook: Amazon

Online Training:

Course rebel.com/SensoryModulationBNE

Other training on: sensory-modulation-Brisbane.com

Contacts:

Sensorymodulationb@gmail.com

sensory-modulation-Brisbane.com

Media:

[Facebook.com/sensorymod](https://www.facebook.com/sensorymod)

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Ebook: Amazon