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.

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.

References:
Hutchinson, R. 1992, “Sensory environments, ideas about design and application.” North Derbyshire Health Authority.