

## BACKGROUND

- ❖ Elizabeth McBride has been a sensory integration therapist in the Dallas area for 26+ years and owns a clinic, North Texas Therapy Innovations
- ❖ There is increased research that supports the use of SI for anxiety management for adults.
- ❖ In a study of more than 20,000 individuals found higher rates of lifetime diagnosis for nearly all anxiety disorders among women (Hantsoo & Epperson, 2017).
- ❖ Sensory modulation intervention aims to use calming sensory input to manage the hypersensitivity and physiological arousal associated with anxiety (Wallis, Sutton, & Basset, 2018)
- ❖ According to interviews with health professionals in the Dallas area, there is a need for women's health facilities that support both physical and mental wellness.

## PROGRAM DETAILS

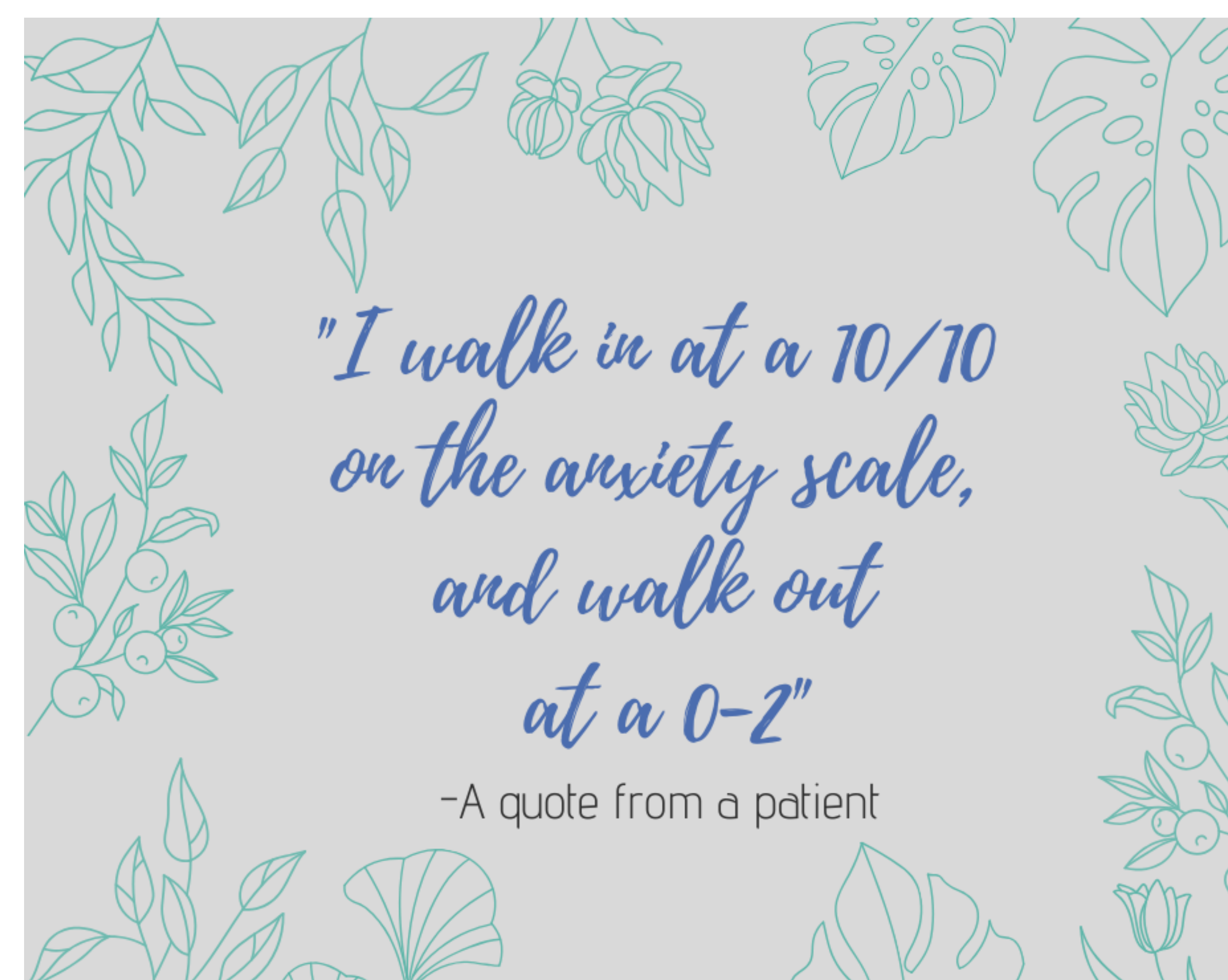
- ❖ The program aims to aid women/mothers in pulling out of fight or flight and manage symptoms of anxiety to increase engagement in ADLs.
- ❖ Achieved through SI interventions combined with elements of CBT, aromatherapy, exercise, diet education, craniosacral therapy, myofascial release, patient education.
- ❖ Achieved through 60-minute sessions 1-2 times per week
- ❖ Utilize pediatric clinic space for treatment
- ❖ Evaluations include: Adolescent/Adult Sensory Profile, Jean Ayers Neurological Assessment, Beck Anxiety Scale, Canadian Occupational Profile Measure (COPM)

## FOCUSED QUESTION

- ❖ Can a sensory modulation integration approach impact women's health on a physical, mental, and psychological level?

## METHODS

- ❖ Program development phase began with needs assessment, including interviews with mothers of pediatric patients as well as identifying local competitors.
- ❖ Complete goals for program
- ❖ Complete research for evidence-based evaluations and interventions
- ❖ Data analysis of effectiveness of interventions through interviews
- ❖ Begin marketing to educated public of services offered at North Texas Therapy Innovations



## RESULTS

- ❖ Currently, there are nine adults, eight women on caseload.
- ❖ 100% of patients have reported a decrease in symptoms due to interventions.
- ❖ Patients have reported the most effective interventions to include: craniosacral therapy, use of weighted blanket, and proprioceptive input such as suspension in ball pit, brushing, and use of weighted blanket.
- ❖ A local gynecologist/urologist office was educated on the services provided for women at NTTI, subsequently began referring women for services.

## INTERVENTIONS:

- Sensory Integration
- Manual therapy such as: Craniosacral therapy, Lymph drainage, Myofascial release
- Strengthening/Exercise programs
- Interactive Metronome



## SENSORY INTEGRATION

- Research shows a link between sensory processing style and anxiety
- Occupational therapists can use sensory-based strategies to assist the brain in adapting to triggers of stress
- Equip you with effective tools to combat triggers on a day-to-day basis
- Promotes calming and organization

## BOTTOM LINE FOR OT

- ❖ The national demand for women's health care is forecast to grow by 6% by 2020, indicating a need for an increase in physician and nonphysician clinicians. Growth in demand is forecast to be greatest in Texas and Florida (Dall, Chakrabarti, Storm, Elwell & Rayburn, 2013).
- ❖ Women's health is a developing area in the field of OT.
- ❖ Through the use of evidence-based practice, OT's have the capability to improve overall quality of life.
- ❖ Research and policy indicates that solely medical treatment of mental disorders such as depression and anxiety is inadequate and there is a need to develop more non-pharmaceutical interventions (Wallis, Sutton, & Basset, 2018)
- ❖ It is within the scope of practice to address every aspect of women's health including but not limited to: neurological, physical, mental, and emotional.
- ❖ OT's training in sensory modulation can target the physiological symptoms as well as the psychological aspects of anxiety, so it provides a potential alternative or complement to talking-based therapy.
- ❖ Occupational therapy intervention with people who have increased anxiety levels should refer to their sensory reactivity as a means to optimize intervention outcomes, increase their self-confidence, improve their functioning and participation in daily living, and enhance their wellbeing (Engel-Yeger & Dunn 2011)

## REFERENCES

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