TITLE: Sensory Rooms for Pediatric Patients: Clinical Effectiveness and Guidelines

DATE: 18 August 2016

RESEARCH QUESTIONS

1. What is the clinical effectiveness of sensory rooms for patients aged six to 17 years?

2. What are the evidence-based guidelines regarding the use of sensory rooms for patients aged six to 17 years?

KEY FINDINGS

One non-randomized study and one evidence-based guideline were identified regarding the use of sensory rooms for pediatric patients aged six to 17 years.

METHODS

A limited literature search was conducted on key resources including Medline, PubMed, The Cochrane Library, University of York Centre for Reviews and Dissemination (CRD) databases, Canadian and major international health technology agencies, as well as a focused Internet search. No filters were applied to limit the retrieval by study type. The search was also limited to English language documents published between January 1, 2006 and August 8, 2016. Internet links were provided, where available.

The summary of findings was prepared from the abstracts of the relevant information. Please note that data contained in abstracts may not always be an accurate reflection of the data contained within the full article.

SELECTION CRITERIA

One reviewer screened citations and selected studies based on the inclusion criteria presented in Table 1.
Table 1: Selection Criteria

<table>
<thead>
<tr>
<th>Population</th>
<th>Pediatric patients, aged six to 17 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intervention</td>
<td>Snoezelen rooms, multi-sensory environments, comfort rooms, sensory rooms, etc.</td>
</tr>
<tr>
<td>Comparator</td>
<td>None</td>
</tr>
<tr>
<td>Outcomes</td>
<td>Improved sensory modulation and integration; emotional regulation</td>
</tr>
<tr>
<td>Study Designs</td>
<td>Health technology assessments, systematic reviews, meta-analyses, randomized controlled trial, non-randomized studies, evidence-based guidelines</td>
</tr>
</tbody>
</table>

RESULTS

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials, non-randomized studies, and evidence-based guidelines.

One non-randomized study and one evidence-based guideline were identified regarding of sensory rooms for pediatric patients aged six to 17 years.

Additional references of potential interest are provided in the appendix.

OVERALL SUMMARY OF FINDINGS

One non-randomized study was identified regarding the clinical effectiveness of sensory rooms in 15 children with severe brain injuries. The study reported statistically significant benefits from the use of Snoezelen therapy in children recovering from severe brain injuries. These benefits included a decrease in agitation and an increase in cognitive outcomes. Nevertheless, the study cautions that there is still a need for more research using this multi-sensory environment.

One evidence-based guideline was identified regarding the use of sensory rooms for children and adults with learning disabilities. The guideline recommends performing a functional assessment to determine a patient’s sensory profile before offering sensory interventions like a Snoezelen room.
REFERENCES SUMMARIZED

**Health Technology Assessments**
No literature identified.

**Systematic Reviews and Meta-analyses**
No literature identified.

**Randomized Controlled Trials**
No literature identified.

**Non-Randomized Studies**


**Guidelines and Recommendations**


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APPENDIX – FURTHER INFORMATION:

Non-Randomized Studies – Alternate Outcomes


Case Series


Meta-Analysis – Primarily Adult Patients