Interactive Workbook for Autism Spectrum Disorder Children in the Acute Psychiatric Setting

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PURPOSE & OBJECTIVES

- Provide a way for ASD children to communicate wants and needs
- Ease the transition from home to hospital setting
- Clarify expectations
- Reduce the number of restraint and seclusion (R&S) events
- Teach relaxation techniques and coping skills in a way that ASD children can understand
- Modify the way that information is presented to ASD children
- Alleviate anxiety & stress experienced

METHODS

- Every child (ages 3-12 years old) diagnosed with ASD or Pervasive Development Disorder (PDD) admitted to the VPH Child Unit will be provided an interactive workbook
- This workbook will familiarize the child to the VPH Child Unit environment using a visual/interactive style and approach
- The workbook will include:
  - therapeutic worksheets
  - behavior charts
  - schedules
  - feelings charts
  - a list of expectations during hospitalization
  - and
  - an introduction of staff roles
- The workbook will be used at the discretion of the ASD child and will be encouraged during times of increased stress or anxiety

STUDY PROPOSAL

- Once funding is obtained, workbooks will be introduced to staff in unit board and distributed to the ASD child patient population at VPH
- After a 6 month period, we will obtain data r/t R&S event occurrences post-workbook intervention in order to determine it’s efficacy

REFERENCES


PROBLEM & BACKGROUND

- Autism Spectrum Disorder (ASD) children have unique needs that are not being met in the acute psychiatric setting
- 17% of children admitted to Vanderbilt Psychiatric Hospital (VPH) are diagnosed with ASD
- A high number of ASD children are being secluded and restrained d/t aggression and self-injurious behavior
- VPH currently lacks materials needed to work therapeutically with this patient population

CURRENT DATA

Number of Restraint or Seclusion Events per Child at VPH

Risk Factor for Restraint or Seclusion Events for ASD Children at VPH