Introduction
This skilled nursing facility (SNF) prides itself on the low use of psychotropic medications for their residents. The prevalence of psychotropic medication use is well below the national and state averages across all categories of medication. The life enhancement director, with support from administration and staff, has established a room for sensory therapy (Snoezelen Therapy) to assist in behavior management for agitated residents and for any resident who requests to experience aspects of the room for relaxation or sensory therapy.

Design/Methodology
Two simultaneous quality improvement projects were established: one to monitor the effects of the Snoezelen Therapy on the residents of a skilled nursing facility, and the second to monitor the use of psychotropic medication use in the facility. Snoezelen Therapy may be requested either directly by a resident or by staff for any resident whom they believe may benefit from the service. Therapy interventions are provided by staff trained in use of the sensory equipment that includes tactile, visual, auditory, olfactory, and taste. The staff is encouraged to utilize one or more of the sensory therapies available in the Snoezelen room before using an as needed psychotropic medication.

Results
Behaviors were monitored in 16 categories (see Table 1) before and after the resident’s experience to determine the effects of the selected therapy on the resident’s behavior. Results show that behaviors improved significantly during 1:1 experiences in the room (see graph 1). There were rare group uses of the room for sensory therapy similar to the 1:1 sessions, and the minimal statistical data obtained was insufficient to draw conclusions. Psychotropic medication usage is monitored monthly for all medication classes. The use of these medications across all classes in the test facility is well below state and national averages. For simplification, we have averaged those numbers comparing the percent of residents receiving psychotropic medications in the test facility with national and state averages for the 6 months of our study (see Table 2) (see graph 2).

Discussion
The use of Snoezelen Therapy on a 1:1 basis provides a quiet and focused session and has had positive calming effects on resident behaviors in this SNF. It may also account for one of the reasons for decreased use of psychotropic medications in this facility. This sensory therapy room has also been used for group activities including: Reading/Story Telling, Aroma/Massage Therapy, Spiritual Therapy, and Grooming Therapy. Minimal data collection occurs during the group sessions, because it is a time of sharing similar interests and the outcomes are not clinically measurable.