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Development of a Sensory-Based Intervention Manual for Educators

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Development of a Sensory-Based Intervention Manual for Educators

Bralie Dent; Zeida Gutierrez, Ph.D., MHS, OTR/L

BACKGROUND

Sensory processing disorder (SPD) is a condition where the brain has difficulty processing and categorizing sensory information for appropriate use and is experienced by 1 in 6 children (Kong & Moreno, 2018; Mulligan et al., 2021). SPD may affect individuals' focus, attention, learning, coordination, and behavior, which hinders daily activities, school performance, and overall occupational performance (Galiana-Simal et al., 2020; Jones et al., 2020). Teachers are unsure how to differentiate between symptoms being caused by sensory processing difficulties or strictly being behavioral problems (Natar et al., 2020).

PROBLEM

Teachers perceived that they did not have the resources and knowledge to aid students effectively, and it may be important for OTs to partner with teachers to identify and assist students who have sensory processing difficulties (Mills & Chapparo, 2018, p. 21).

PURPOSE

To create and provide teachers an educational resource over SPD that will provide background information on SPD and contain OT interventions to accommodate sensory needs of students.

METHODS

Setting:

- Funston Elementary School was the main site and where the manual was distributed.
- Beyond Measure Pediatric Therapies, an outpatient pediatric clinic, was used as an additional site to observe OT practitioners implementing sensory-based interventions in the clinic setting.

Participants:

- Pre-Kindergarten – 5th grade teachers at Funston Elementary School
- OT practitioners at the outpatient pediatric clinic

Assessments:

- Informal interviews and classroom observations to assess specific needs
- Pre- and post-surveys to assess teachers understanding of SPD and to gauge effectiveness of manual

Implementation:

- An educational manual containing information regarding SPD and interventions useful for the school setting was developed and distributed to teachers as a resource to use in the classroom as needed. Education was provided on an individual drop-in basis.

Evaluation:

- Post-survey measuring teachers' perceptions on the effectiveness of the manual via google forms.

PROJECT

MANUAL OUTLINE

CHAPTER I: THE SENSORY SYSTEMS OF THE BODY

- Basic Overview of the 8 Sensory Systems
- Regulation vs. Dysregulation of the Sensory Systems

CHAPTER II: SENSORY PROCESSING DISORDER

- What is Sensory Processing?
- Categories & Subtypes of Sensory Processing Disorder
- Common Sensory Triggers in School Settings
- The Impact of Sensory Processing Disorder on Education

CHAPTER III: SYMPTOMS OF SENSORY PROCESSING DISORDER

- Symptoms of Sensory Processing Disorder & How to Recognize Them
- Symptom Recognition Resources

CHAPTER IV: SENSORY INTERVENTIONS AND MODIFICATIONS

- Types of Sensory Interventions and Modifications
- Role of Teacher vs. Role of Occupational Therapist

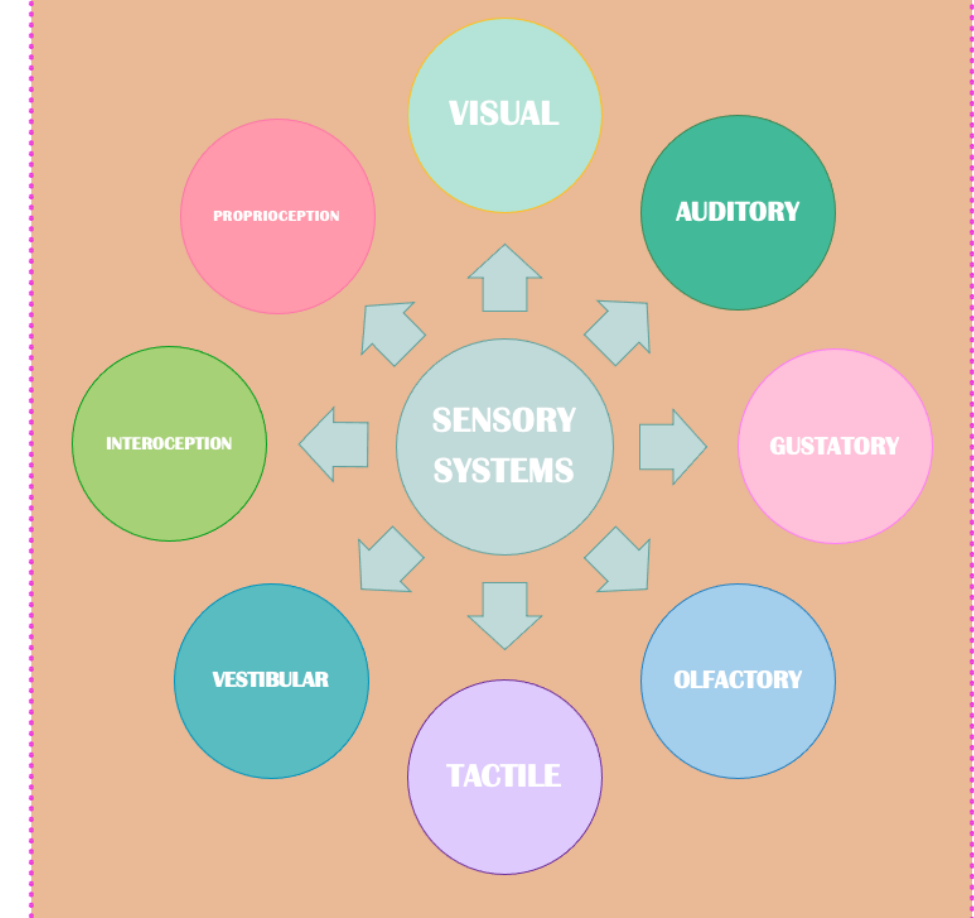
CHAPTER V: REFERENCES

- References

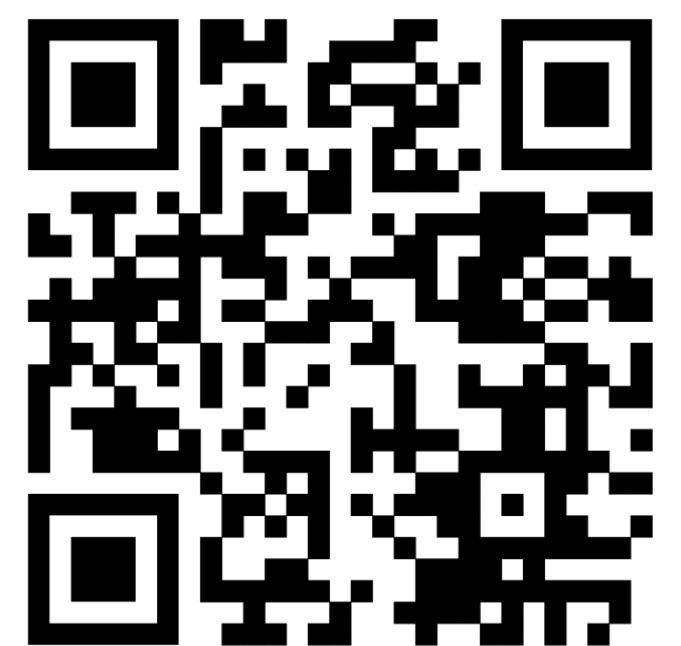
OUTCOMES

Pre- and post-surveys were used to gather teachers' level of understanding of SPD and feedback on the manual.

8 SENSORY SYSTEMS



MANUAL



REFERENCES

