



## ALCOHOL, DRUG AND MENTAL HEALTH SERVICES POLICY AND PROCEDURE

<b>Section</b>	PSYCHIATRIC HEALTH FACILITY	<b>Effective:</b> 10/27/2014
<b>Policy</b>	Radio Headphone Use	<b>Last Revised:</b> New policy
<b>Policy #</b>	6.000	
<b>Director's Approval</b>	 _____ Takashi M. Wada, MD, MPH	<b>Date</b> 11/13/14
<b>Medical Director's Approval</b>	 _____ Leslie Lundt, MD	<b>Date</b> 12/14/14
<b>Form Ref.</b>	PHF-6.000	<b>Audit Date:</b> 10/27/2017
<b>Authority:</b> <small>(statutes, regs, etc)</small>	N/A	
<b>Supersedes:</b>	New Policy	
<b>Author(s):</b>	Kelly Kannenberg, PHF Recreational Therapist Mark Lawler, LPT, PHF Team Supervisor	

### 1. PURPOSE

- 1.1. To establish the therapeutic application of radio headphones for patient use at Alcohol, Drug and Mental Health Services' (ADMHS) Psychiatric Health Facility (PHF). To establish criteria and procedural steps for the safest and most appropriate clinical use of radio headphones at the PHF.

### 2. POLICY

- 2.1. The PHF will provide the appropriate tools necessary to support patients in achieving personal treatment goals, de-escalating socially unacceptable behavior, reducing anxiety, and occupying leisure time with therapeutic, enjoyable activities.
- 2.2. The PHF will make radio headphones available for the treatment and recreational use of PHF patients.
- 2.3. These headphones will be available to patients under four criteria:
  1. **Alternative to Structured Group Activities:** When a patient is unable to participate in group, headphones will be an available option offered by staff. Staff will attempt to engage the patient in group activity, offering headphones when a patient cannot appropriately participate in group. Caution shall be exercised to avoid manipulation as a means to use headphones to avoid group.

2. **De-escalation of Socially Unacceptable Behaviors:** As a patient's behavior escalates, staff will interrupt the behavior prior to reaching crisis status. Once the patient exhibits a socially adaptive response (i.e. able to speak calmly, complies with staff prompts, etc.), staff will introduce headphones as a divertive or calming activity. Staff will quietly observe the patient's recovery of self-control (i.e. level of agitation) and further reinforce appropriate behavior with verbal praise/engagement.
3. **Reinforcement of Pro-Social Behavior:** When a patient's treatment plan calls for specific behavior which is adaptive to his or her needs, headphones may be used as a reinforcer to elicit completion of the target behavior.
4. **Recreational Enjoyment:** Use of headphones may be requested by the patient for pure enjoyment of music in a recreational context. Staff members who observe a patient having difficulty occupying his or her leisure time may suggest the use of headphones in an attempt to maximize the balance of work, rest and play.

### **3. PROCEDURE**

- 3.1. Headphone use will be incorporated into the patient's individualized treatment plan using one of the criteria outlined above.
- 3.2. Staff will briefly evaluate the potential for successful use of the headphones prior to issuance.
- 3.3. Patients will be encouraged to practice responsible stewardship of unit equipment with each use. Nursing staff will review the following rules with the patient prior to use:
  1. Headphones are not to be shared with other patients.
  2. Headphones are not to be left unattended and must be with the patient at all times.
  3. Headphone use is a privilege, and any evidence of inappropriate or destructive use will result in suspension of headphone privileges.
- 3.4. Staff will sign headphones out for use in 30-60 minute increments on the "Radio Headphone Usage Log" (see Attachment A).
- 3.5. Headphones will be sanitized by staff with approved germicidal agent when equipment after each use.

### **ASSISTANCE**

Kelly Kannenberg, PHF Recreational Therapist

Mark Lawler, LPT, PHF Team Supervisor

### **REFERENCE**

Not applicable

### **ATTACHMENTS**

Attachment A – Radio Headphone Usage Log

**REVISION RECORD**

DATE	VERSION	REVISION DESCRIPTION



