



Service Priorities and Programmes
Electronic Presentations

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Quiet Room in Child Psy Unit, AHNH

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Introduction

Quiet Room is an ubiquitous component of most child psychiatric units and is a valuable tool in the management of agitation and assaulting behavior, which can potentially reduce the need for more controversial measures such as seclusion and restraint. It is used in the first stage of de-escalating aggressive behavior, when verbal intervention is effective and the patient is in control of his behavior. The Quiet Room should be attractive, non-punitive and cozy esp for child & adolescent patient.

Objectives

- to provides a tranquil environment for child to calm down and be away from any outside stimulation.
- to prevent an agitated child from hurting themselves and others.
- to enhance a pleasant scene in a relaxing environment
- to provide a free space for the child to have activities he adores, eg. reading and thinking in a quiet area
- to decrease the sense of being punished when being kept in the Quiet Room

Methodology

Attractive and non-punitive theme was adopted for the Quiet Room. Warm-coloured padding wall, cartoon-pictured wall and windows were specially designed. The entrance door was decorated with tree house atmosphere. Questionnaires were sent out to children in AHNH's Child Psychiatric Unit (CPDH & Ward).

Result

64% children agreed that the Quiet Room could help them to ventilate and provide them a safe place to stay. 15% children had neutral comment & 21% children still had negative feedback. The overall comments from the children in our Unit were positive & encouraging. The Quiet Room could serve as a secure place with free of stimulation for an agitated child to calm down. It also provided the child a safe environment for short-staying and reflection. Above all, the Quiet Room was never used as a form of punishment