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**Läkartidningen** is a Swedish medical journal which was first published in 1965 by the *Sveriges Läkarförbund* (Swedish Medical Association), an organisation founded in 1904.

Under the heading: "Debate and letters" the following article is published. Author is Ann Klockars, registered occupational Therapist at the Academic Hospital in Uppsala, Sweden.

## Psychosis Patients should receive a ball- or chain-weighted blanket

The possibility to prescribe sensory-stimulating heavy blankets as aid differ because local governments make their own decisions. This produces a situation of inequality for patients (within Sweden, Translators remark). Blankets should be an aid possible to prescribe. The study "Sensory stimulation blankets – psychosis" shows that a patient must try a ball- or a chain-weighted blanket to assess the impact and benefit. This can be done at home or at hospitalization, and evaluated along with prescribing occupational therapist.

In this project 21 patients tested either a ball-or chain-weighted blanket. During the project, were prescribed three chain-weighted blankets of 5.3 kg, and one participant received a chain weighted blanket of project funds. One further prescribing was discussed.

**One male participants** used the chain weighted blanket for about three months. He had difficulty communicating, but through observation, his expressed desire and continuous use, it emerged that he had the benefit and effect of the chain-weighted blanket. Sleep improved, he lay in bed at night and his activity capacity increased. It was deemed ethically inappropriate to not give him a chain-weighted blanket at discharge.

**Another man told me:** "I have now had an approved night's sleep for four nights in row. To get the night's sleep I need to feel calm means a lot. I want the blanket at home. When being hospitalized the sleep medication for the man used to be raised, which is not needed when he used the chain-weighted blanket. At discharge were prescribed a chain-weighted blanket that he used at night at home.

**A woman** in the preliminary examination group told after a few nights with a chain-weighted blanket "Sleep is improved so now I sleep deeper with longer period of sleep and fewer awakenings. Now I'm rested when I wake up. It is the first time in 20 years." At inlay the woman's sleeping medication used to be raised, which was not needed when she used the blanket. The woman rested even during the day under the blanket, which helped her to "be in reality".

It would be interesting to study whether sensory stimulating heavy blanket can be used at an early stage, when patients' anxiety is growing, to curb and possibly reduce belt systems. An armchair made up of balls on the same principle should be studied for the same purpose.

#### Fact

The project "Sensory Stimulation weighted blankets - psychosis" has been part of the Aid Institute project »Aid in focus - for people with mental disabilities" and financed with government funds. The project has been implemented in a ward within the area of psychosis care and forensic psychiatric care at the Academic Hospital in Uppsala. Ann Klockars, Occupational Therapist, has been responsible for the project.

Translation Jacob Sandelin SPE AB SensiSereni 2016-10-21