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A personal journey: Designing an adult suspension frame in collaboration with a mechanical engineer

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Introduction: During a master's study completed by the researcher in 2013¹, floor activities was used to establish the short term effect of sensory integration intervention on the adult mental health care user in the psychotic phase. The results of the study¹ indicated that sensory integration intervention can contribute to clinical and statistical significant improvement of the adult individual with psychosis. The above research initiated the question of the use of suspension during the treatment of the adult individual with sensory integration dysfunction. Thus, leading to the following questions: Can an adult sensory integration suspension frame be designed and what will be the considerations in this process?

Objectives:

- i) To find a person with the necessary knowledge to design an adult sensory integration suspension frame in collaboration with an occupational therapist.
- ii) To design an adult sensory integration frame considering the weight, movement and gravitation.

Method: No formal research design was followed. The researcher and the mechanical engineer made use of their experiences, communication skills and trial and error.

Practice Implications and conclusion: The frame was designed in collaboration with a mechanical engineer and has practical implications for sensory integration intervention and the future thereof on national level. It has had a tremendous effect on the possibilities of sensory integration intervention in the adult field and possibly the functional prognosis of the individuals that will benefit from using adult suspension during intervention.