

Sleep Enhancement

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Assessment

Opportunity:

- Increase the number of hospitalized adult patients who get sufficient sleep.
- Reduce sleep deprivation in those with risk factors (obesity, heart disease, depression).
- Improve Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) score for “Always Quiet at Night”.
- Patient satisfaction survey, “During this hospital stay, how often was the area around your room quiet at night?”

Driving Forces:

- Support from key stakeholders, hospital administrators, nursing staff, and management.
- Supportive research results and HCAHPS scores.

Restraining Forces:

- Extensive chain of command to implement change

Literature Review

- Many patients experience poor sleep in the hospital, increasing the risk for poor health outcomes ⁴
- Poor sleep can increase mortality, decline respiratory function, weaken the immune system and lead to poor mental health ⁴
- A sleep mnemonic has been shown to improve quality and length of sleep for patients ⁴
- Sleep inhibiting factors include noise, light, temperature and humidity ¹
- Nearly 80% of patients experienced sleep deprivation in the hospital ¹
- Fragmented sleep and daytime sleepiness are common for patients ²
- Nurses must support the patient and advocate for sleep promoting behaviors ³

Planning

Short Term Goal:

- Enhance opportunities for patients to sleep by implementing tactics to reduce environmental disturbances.

Long Term Goal:

- Increase HCAHPS survey “Always Quiet at Night” score for the third-floor surgical unit.
- Implement change in the entire hospital.

Evaluation Plan:

- Track HCAHPS scores for the “Always Quiet at Night” section.

Strategies to Hardwire Change:

- Develop a mnemonic that is easy for employees to remember and implement.
- Post mnemonic outside patient rooms.

Implementation

Process:

- Presented idea to unit management.
- Developed a mnemonic that is easy to remember and user-friendly.
- Presented mnemonic to unit management.
- Finalized mnemonic and met with employees during team huddle.

Strategy for Handling Resistance:

- Educate staff about the importance of sleep and how they can enhance patient sleep satisfaction.

Evaluation

Evaluate the Effectiveness of the Change:

- Evaluate long-term HCAHPS score.
- Discuss with staff and patients the ways in which this change affected them.

Strategies to Stabilize Change:

- Using a clever mnemonic with sign posted outside patient rooms was an easy way to encourage staff to advocate for their patients sleep.
- Discussing with staff before implementing change to allow them to have a part in the change process.
- Continuing this as a Nurse Residency project.

Summary

What We Learned:

- Factors that disrupt patient sleep and the consequences of poor sleep.
- As new graduates, this will affect our practice, specifically on night-shift so we learned methods that we can implement to assist our patients with their sleep.

What We Would Do Differently:

- Be more assertive in trying to make an important change.
- Change takes time, but we needed to discuss it with more staff to try to implement the change.
- Spend more time engaged with the staff and involve more stakeholders.

References

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4. Tan, J., Su, G., Mabasa, V. H., Thomas, C., & Suchorowski, K. (2019). Implementation of the SLEEP-MAD mnemonic for improving sleep quality in the intensive care unit: A pilot study. *The Canadian Journal of Critical Care Nursing*, 30(4), 5-9. <http://search.ebscohost.com/login.aspx?direct=true&AuthType=ip,shib&db=rzh&AN=141080921&site=nup-live&scope=site&custid=s5909367>

Figure List
Figure 1. [Image created by nursing 405 students]. (2021).

CALM ME

Cluster care with the RN/PCA

Assess sleeping norms/routine

Lights on during the day and off at night

Medications stimulants during the day,
sedatives at night

Meditation/soothing sounds

Environmental noise control

Earplugs, eye mask, electronics off