…”and to all a good night”: Advancing sleep health as an essential vital sign!

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Faculty disclosure

- Faculty Name: Lyron Deputy, MSN, MBA, APN
- Conflict of Interest: None
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- Sponsorship: None

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Goals and objectives

- Session Goal: To encourage the learner to consider the assessment of sleep health as the sixth vital sign

- Session Objectives:
  - To explore the consideration of sleep as an essential vital sign
  - To encourage the inclusion of sleep disorders and the role of the nurse in healthy sleep promotion in all nursing education curricula
Demographics/consequences of poor sleep performance

- 50-70 million adults affected
- 25% of children/adolescents affected
- Documented association between sleep loss and overall health

**Overall health**
- Obesity, diabetes
- Cardiac health, mood disorders

**Societal implications**
- Injury, accidents
- Lost productivity, financial loss

**Epidemiological consequences**
- Contribution to chronic illness, morbidity, mortality
- Decrease in quality of life
Concept of impaired sleep

- **Sleep deprivation**
  - Poor sleep hygiene
  - Circadian phase desynchronosis (jet lag, shiftwork)

- **Sleep disruption**
  - Disordered breathing (sleep apnea)
  - Leg movements (RLS)

- **Sleep loss**
  - Impaired daytime functioning
  - Altered immune function
Sleep Assessment: 6th vital sign

- Sleep history (following physical assessment, medical & psychiatric history)
  - Quantitative and subjective characteristics of sleep & sleep disturbances
    - Sleep diary, use of sleep psychometric testing, medication history, sleep hygiene patterns
  - Use of “BEARS” (2015) sleep assessment process:
    - Bedtime problems
    - Excessive daytime sleepiness
    - Awakenings during the night
    - Regularity of sleep and duration
    - Sleep-disordered breathing

Role of the nurse in sleep health

- From sleep science to sleep nursing practice:
  - Advancement of evidence-based approaches
  - Trends in public health to address sleep disorders and the inextricable link to major health problems
  - Improvement of cost and effectiveness of sleep treatments both in the clinic/office setting and in the home
  - Need for nurses and other health providers to be educated in sleep, sleep disorders, and treatment of sleep disorders
Major challenge

- Nurse Educators:

  *Inclusion of sleep content and learning experiences in nursing curricula!*

**FACT:** Over 70% of nurses employed in clinical practice and/or education prepared at the baccalaureate or master’s level (n=539) received less than 5 hours of sleep education in their entire program of nursing. (McEnany, et al., 2010)
Why the time is now

- Both the National Institutes of Health (NIH) in their statement on management of chronic insomnia (2005) and the Institute of Medicine (IOM) in their publication *Sleep disorders & sleep deprivation: an unmet public health problem (2006)* identified sleep education of health professionals as a major priority.

- Incorporation of sleep promotion into primary care will lead to more cost effective care and improvement of patient outcomes.

- Innovation and opportunity exists for sleep education integration in basic programs and the specialty of sleep in graduate programs.

- Academic and clinical partnerships between sleep clinics/treatment centers and academic institutions create the potential for knowledge growth and research opportunities in sleep care.
How would the curriculum look?

- Undergraduate example (AD, BSN)
  - Normal sleep across the lifespan
  - Review of neuroanatomy
  - Content co-morbidities
  - Sleep assessment
  - Principles of sleep hygiene
  - Major sleep disorders
  - Sleep deprivation & overall health
  - Pharmacology of sleep
  - Safety & sleep

- Graduate example (MSN,DNP)
  - Advanced sleep assessment
  - Psychometrics and sleep (Epworth scale, Pittsburgh Index)
  - Risk factors & prescribed treatments
  - Community education & sleep
  - Interpretation of polysomnography
  - Family teaching for sleep promotion
  - Use of cognitive behavioral therapy
Conclusions

- Research evidence indicates the undeniable link between sleep and overall health.
- A complete health assessment should always include a sleep assessment as the essential 6th vital sign.
- Sleep education must be included in the nursing education curricula in programs across the world.
- The role of the nurse in sleep health follows the recommendations of NIH and IOM in their published materials.
References


- McEnany, et al. (2010) Evaluation of a large scale international online course for nurses on sleep and chronobiology. In review


Thank you for your attention

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Questions