Title:
Enhancing the Patient Experience With a Do-Not-Disturb Sleep Protocol

Lisa L. Corbett, MSN¹
Kristeen Andes, AS²
Trang Lucy Nguyen, BSN²
Adele M. Spegman, PhD³
(1)Nursing, Geisinger Wyoming Valley Medical Center, Wilkes Barre, PA, USA
(2)Geisinger Wyoming Valley Medical Center, Wilkes Barre, PA, USA
(3)Geisinger Health System, Danville, PA, USA

Session Title:
Evidence-Based Practice Posters Session 2

Keywords:
bundled care, hospital environment and sleep

References:

Abstract Summary:
As advocates for best practices and coordinators of patient-centered care, nurses are poised to facilitate patient needs and to transform traditional practices. The 'Do Not Disturb' program was developed and refined as a partnership between direct care nurses, nursing administration and hospitalists.

Learning Activity:

<table>
<thead>
<tr>
<th>LEARNING OBJECTIVES</th>
<th>EXPANDED CONTENT OUTLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>The learner will be able to describe health problems associated with sleep deprivation.</td>
<td>Describe 2 assessment findings that suggest sleep deprivation in a patient who has been hospitalized for 3 days and is currently in stable condition on a medical-surgical unit.</td>
</tr>
<tr>
<td>The learner will be able to describe nursing interventions that facilitate sleep for all hospitalized patients.</td>
<td>Describe 2 examples of environmental modifications that facilitate sleep and 2 examples of modifications that are facilitated with inter-professional collaboration.</td>
</tr>
</tbody>
</table>

Abstract Text:
Hospital settings challenge restful sleep. Inadequate sleep can lead to irregular heart rates, labile blood pressures, anxiety and delirium; such complications also prolong a patient’s hospital stay (King, Bailey & Kamdar, 2015; Yilmaz, Sayin & Gurler, 2012; Lipitz-Snyrram, et al., 2011). Nurses can coordinate a conscious effort to promote sleep. For appropriate patients, modifying the delivery of care facilitates a period of uninterrupted sleep (Pellicane, 2014; Young, et al., 2008; Young, et al., 2009). The nurse driven
program, *Do Not Disturb*, was developed and refined as a partnership between direct care nurses, nursing administration and hospitalists.

The program is offered to patients who are clinically stable and low risk. Nurses identify eligible patients, provide information, and enroll those who are interested. Participants have a laminated moon placed outside their room to identify enrollment. The protocol is implemented by nursing and ancillary staff between midnight and 5:00 AM. Nurses perform hourly rounds via observation. Necessary tasks are bundled and medication schedules are coordinated with pharmacy to avoid dosing during sleep time. Environmental considerations are key: dimming lights, lowering alarms and encouraging use of ear plugs, eye masks and ambient noise. Safety is emphasized; eligibility may change if a patient’s condition changes.

Support for the program is strong. Surveys, completed by participating patients, reported that 40% slept undisturbed. However, sleep was disturbed when roommates needed attention (40%) or when the participant needed attention (20%). All felt safe during the night and all would opt to enroll again. Antidotal comments from staff indicate that while implementation requires some behaviors to change, the protocol is recognized as best patient care. Interest in the program is spreading across the hospital, as other nurses seek to replicate the program and physicians promote it with their patients.

Double occupancy rooms are unique challenges for undisturbed sleep. A pilot study will begin soon for enrolled patients with roommates, testing melatonin as a bedtime medication. Similar to other changes in clinical practice, successful implementation of the *Do Not Disturb program* requires clear communication and shared expectations. RESTful sleep contributes to quality care and patient satisfaction. Nurses, as advocates for best practices and coordinators of patient-centered care, are poised to address patient needs and transform traditional practices.