

Tucked In Tight: NON-PHARMACOLOGICAL RELAXATION TECHNIQUES IN OLDER ADULT PATIENTS >65

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NON-PHARMACOLOGICAL RELAXATION TECHNIQUES IN OLDER ADULT PATIENTS >65

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PICO QUESTION

In older hospitalized adults, >65 years of age, how does providing non-pharmacological relaxation techniques promote sleep and relaxation compared to not doing so?



PURPOSE/ BACKGROUND

- The purpose of this project was to determine if providing non-pharmacological relaxation techniques promoted sleep and relaxation of the older adult in a medical/surgical in-patient unit.
- While in the hospital, patients are out of their comfortable home environment which can cause a change in sleep patterns.
- RNs on 7BP noted that older adult patients often report difficulty sleeping and request pharmacological sleep aids at bedtime.
- These drugs have dangerous side effects for older people such as increased risk of falls and delirium, rebound insomnia, and long term dependence.
- Offering non-pharmacological relaxation techniques could allow patients to have better sleep without the increase of pharmacological side effects.

EVIDENCE

- The primary search engines used were CINAHL, EbscoHost and Google Scholar. Keywords used in the research collection included: non-pharmacological sleep interventions, promoting sleep and relaxation, older adults and back massage.
- A study done by LaReau, Benson, Watcharotone, and Manguba showed that personal hygiene, awareness of bedtime and back massage were reported by patients as the most effective sleep interventions.
- Evidence based research demonstrates that using non-pharmacological techniques result in:
 - Decreased agitation and anxiety
 - Improved blood pressure and heart rate
 - Effectively promotes sleep
 - Improves quality of sleep
 - Decreased restlessness and awakenings throughout the night
 - Effective interventions identified are massage/back rub, personal hygiene, awareness of bedtime
- Pharmacological sleep aids can have negative side effects and pose great risks, especially involving older adults. Therefore, non-pharmacological interventions are the preferred method.

IMPLEMENTATION

- A team of Registered Nurses was compiled on 7B to implement non-pharmacological techniques into nightly care in addition to LVHN *Quiet at Night* initiatives that include head phones, ear plugs, & eye masks.
- Patients were offered a handout to explain the “Tucked In Tight” additional interventions to help promote rest, relaxation and sleep.
- In the morning patients were handed a survey to rate their sleep on a numerical scale and also rate the helpfulness of each intervention.
- Data was collected over the period of one month and analyzed.

RESULTS/ RECOMMENDATIONS

- The majority of patients did not take advantage of the relaxation interventions offered to them.
- Patients who did not receive any of our interventions rated sleep on an average of 4 out of 5 (based on a scale 1 being the worst sleep and 5 being the best).
- The patients that received the interventions did not rate their sleep any better than without the intervention.
- The development of a standard process to incorporate relaxation interventions into the Quiet at Night initiatives may increase patient compliance.

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7BP wants you to be
“Tucked in Tight”
Tonight

As part of an evidence based practice project on rest and relaxation, we are offering a variety of non-pharmacological aids to promote quality sleep.

In addition to our Quiet At Night initiative, which provides headphones, earplugs, eye masks for your use, please feel free to ask you nurse or tech partner for any of the following to help you have a restful night:

- Back or hand massage
- Personal hygiene care
- Warm beverage
- Extra blankets or pillows
- Relaxation music

Let us know how we can make your night more peaceful.

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