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

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

The primary search engines used were CINHAL, 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.

A team of Registered Nurses was complied 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.

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 Quite at Night initiatives may increase patient compliance.

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