

Decreased Sleep Interruption at Night

Amanda M. Harman BSN, RN
Lehigh Valley Health Network, amanda_m.harman@lvhn.org

Arin Alkanani BSN, RN
Lehigh Valley Health Network, arin.alkanani@lvhn.org

Brooke Medina BSN, RN
Lehigh Valley Health Network, brooke.medina@lvhn.org

Follow this and additional works at: <https://scholarlyworks.lvhn.org/patient-care-services-nursing>



Part of the [Nursing Commons](#)

Let us know how access to this document benefits you

Published In/Presented At

Harman, A., Alkanani, A., & Medina, B. (2016, February 9). *Decreased Sleep Interruption at Night*. Poster presented at LVHN Vizient/AACN Nurse Residency Program Graduation, Lehigh Valley Health Network, Allentown, PA.

This Poster is brought to you for free and open access by LVHN Scholarly Works. It has been accepted for inclusion in LVHN Scholarly Works by an authorized administrator. For more information, please contact LibraryServices@lvhn.org.

Decreased Sleep Interruption at Night

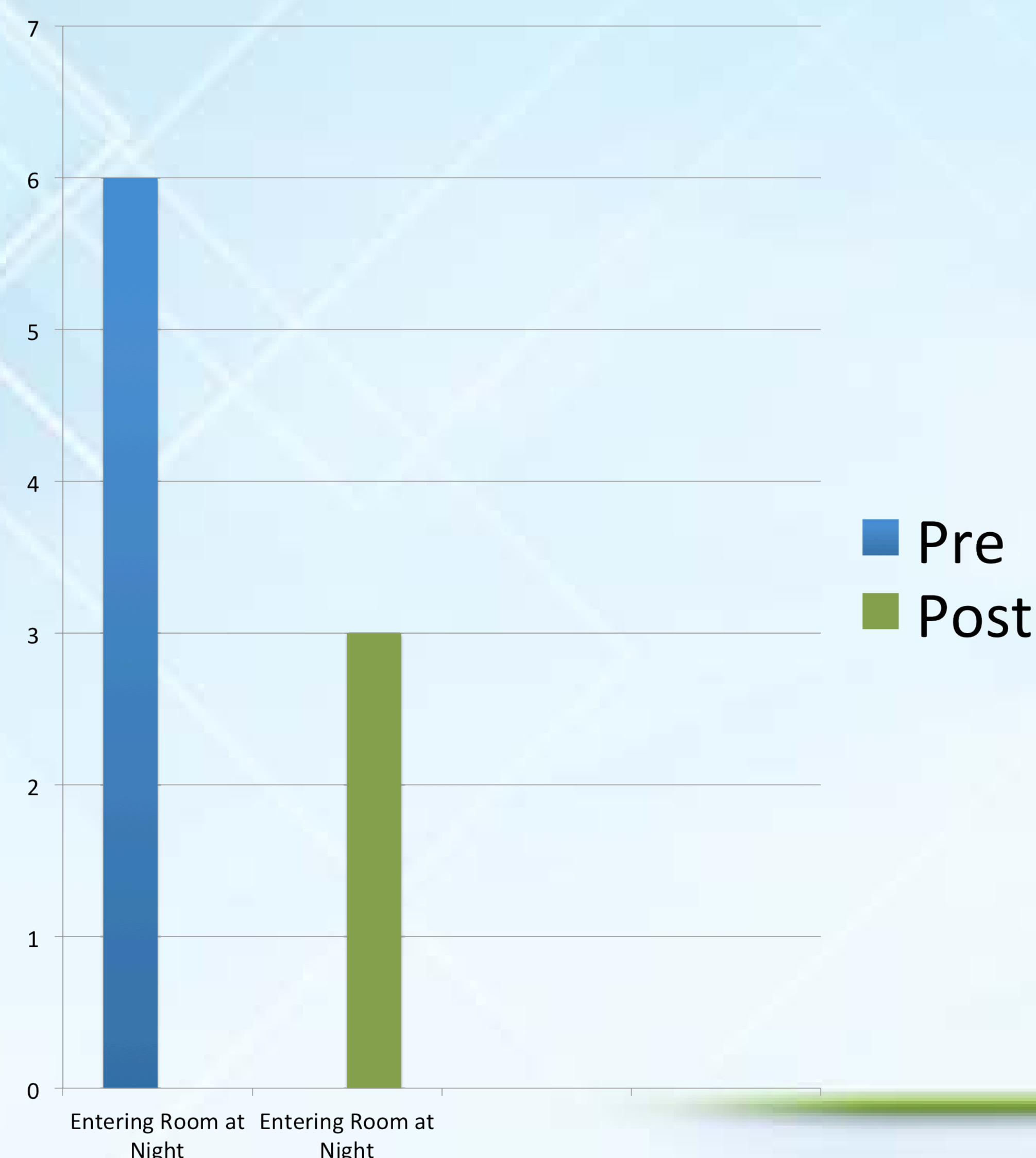
Amanda Harman BSN RN, Arin Alkanani BSN RN, Brooke Medina BSN RN

Lehigh Valley Health Network, Allentown, Pennsylvania

- Lack of sleep decreases the immune system's ability to fight infections, it decreases tissue repair, and increases the risk of cardiovascular events such as high blood pressure and increased heart rate. (Cardner and Richardson)
- Sleep deprivation increases the risk for delirium and falls among the elderly patients, which increases the length of hospital stay. (LaReau and Oleni)
- Clustering of care increases patient's satisfaction of having a good night's sleep
- Majority of patients who claim that they sleep soundly at home report not having sufficient sleep when in hospital. (Oleni)

- Barrier:
 - There is insufficient research to examine the evidence of necessity of collecting the vital signs every 4 hours in the hospital. (Yoder)
 - Staff may be resistant to change.
 - Requires involvement of multiple disciplines, making it challenging to initiate the plan.
 - Data collection was performed on a Progressive Unit, limiting the acuity of the patient's involved in the study
- Strategy to Overcome:
 - Emphasize to staff members the positive outcome it will have on patient's satisfaction and well being.

- Collect data utilizing rounding logs to see how often RN's and TP's enter the room at night and for what reason.
- Implement collaborative rounds between RN and TP at 2300 and 0400.
- Implement a checklist of duties for TP and RN to do during collaborative rounds.
- Reinforce the utilization of non-pharmacologic sleep aides i.e; eye mask , ear buds during collaborative rounds.
- Pre and Post collection data was performed over a course of six night shifts including an average of six to seven Registered Nurses and two-three Technical Partners, the average patient census was 32.



- Evidence of numerical decrease of times entering room at night.
- More organized workflow for healthcare workers directly caring for the patient's at night.
- Patient's report of a restful night's sleep.

- Gardner, G., Collins, C., Osborne, S., Henderson, A. & Eastwood, M. (2009). Creating a therapeutic environment: A non-randomised controlled trial of a quiet time intervention for patients in acute care. *International Journal of Nursing Studies*, 46 (6), 778-786._
- LaReau, R., Benson, L., & Watcharotone, K. (2008).Examining the feasibility of implementing specific nursing interventions to promote sleep in hospitalized elderly patients. *Geriatric Nursing*. 29(3):197-206. doi: 10.1016/j.gerinurse.2007.10.020.
- Oleni, M., Johansson,P., & Fridlund, B. (2004). Nursing care at night: An evaluation using the night nursing care instrument. *Journal of Advanced nURSING*, 47(1), 25-32
- Richardson, A., Allsop, M., Coghill, E., & Turnock, C. (2007). Earplugs and eye masks: Do improve critical care patients' sleep? *British Association of Critical Care Nurses. Nursing in Critical care*. 12(6),278-286.
- Yoder, J.,C et al (2013) A prospective study of nighttime vital sign monitoring frequency and risk of clinical deterioration. *JAMA Internal Medicine*; 173: 16, 1554-1555.

© 2014 Lehigh Valley Health Network

A PASSION FOR BETTER MEDICINE.™



610-402-CARE LVHN.org