

IMPACTING PATIENT SLEEP QUALITY

Clarissa Masdar BSN, RN
Lehigh Valley Health Network, Clarissa.Masdar@lvhn.org

Sara Piper RN
Lehigh Valley Health Network, Sara.Piper@lvhn.org

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IMPACTING PATIENT SLEEP QUALITY

Clarissa Masdar, BSN, RN & Sara Piper, RN/Transitional Open Heart Unit

Lehigh Valley Health Network, Allentown, Pennsylvania

BACKGROUND

- Patients Report Inadequate Sleep
- Patient Complaints of Multiple Sleep Interruptions Throughout the Night
- Failure to Cluster Care During Nighttime
- HCAHPS Low Noise Score

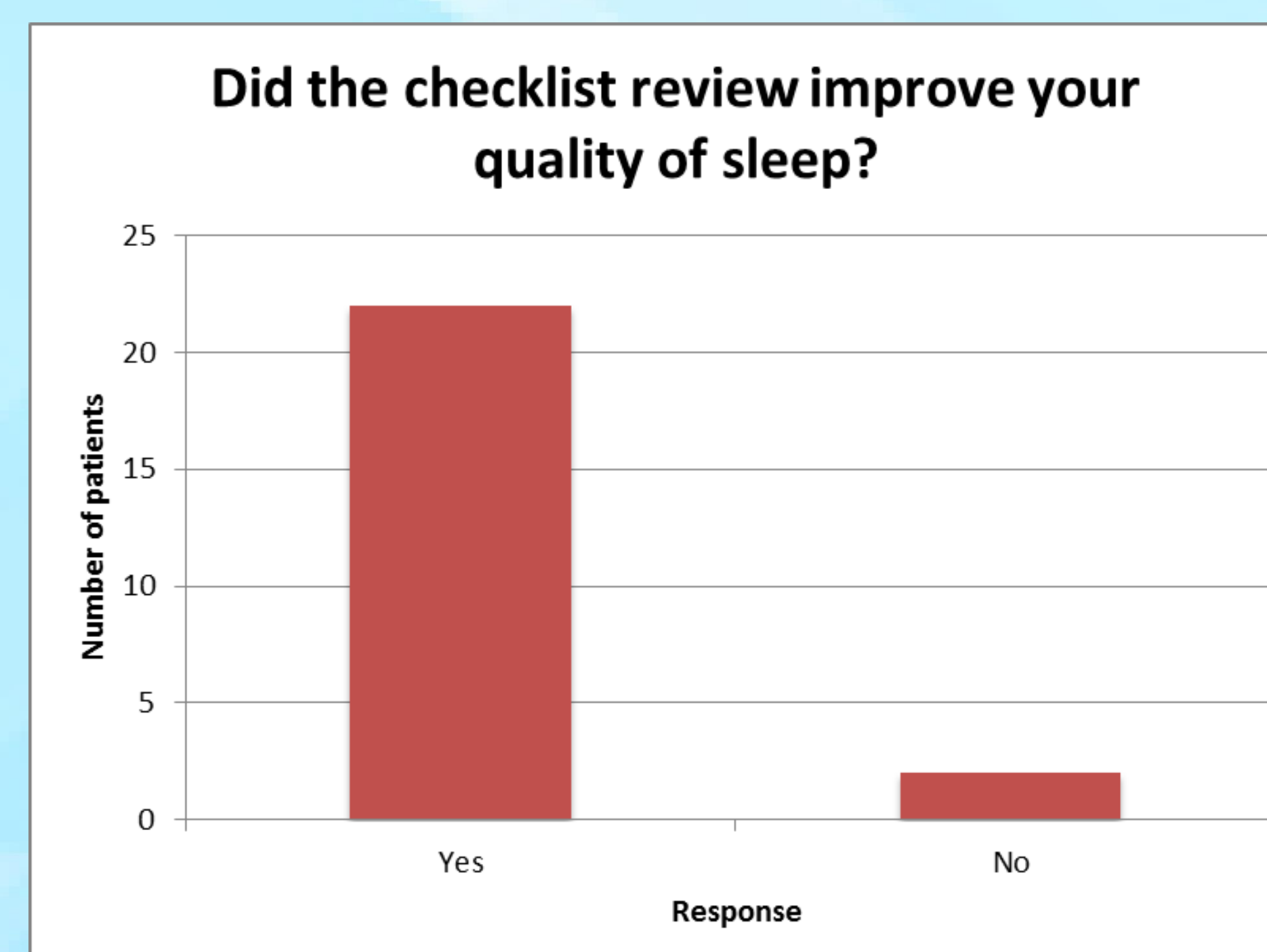
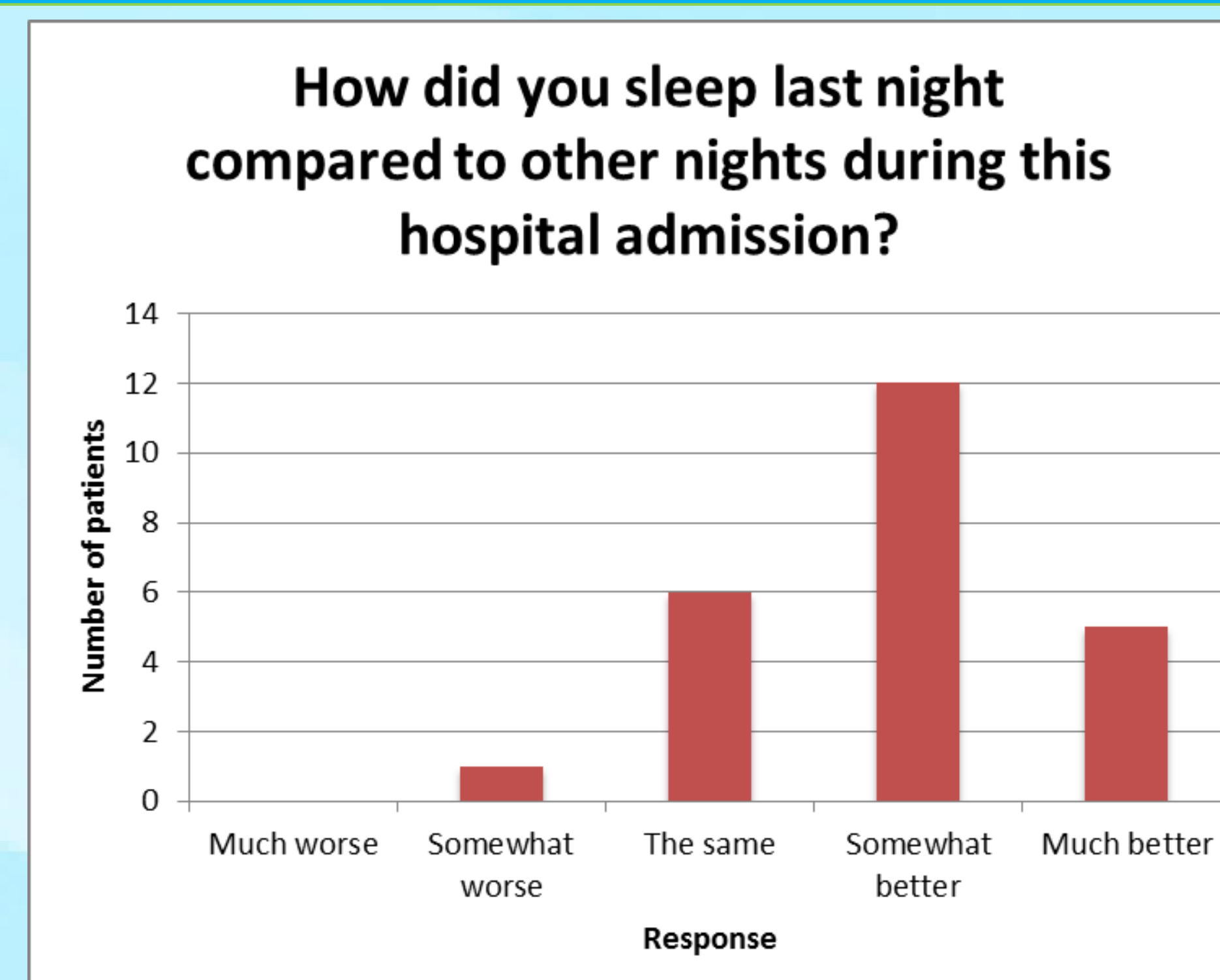
PICO

- **P = Progressive Care Unit Patients**
- **I = Nightly Sleep Protocol Checklist**
- **C = Usual Care and Routine**
- **O = Patient's Perception of Sleep Quality**

EVIDENCE

- LaReau, Benson & Watcharatone (2008) found that patients ability to remain asleep, their sleep quality was improved, and patients used fewer sleep medications when a sleep protocol was implemented.
- Faraklas, Holt, Tran, Lin, Saffle, & Cochran (2012) found that when a sleep protocol was implemented, patients reported less sleep disruptions by staff, the ability to fall asleep more quickly and fewer sleep disruptions.
- Dubose and Hadi (2016) found research showed modifying sound (quiet and calming music) and lighting had the most meaningful impact on patient sleep.

OUTCOMES



- Overall, the majority of patients reported improved sleep quality with use of the checklist
- When asked what could be implemented to improve sleep quality, the majority of patients reported staff interruptions and an uncomfortable bed

TOHU-LVCC	D. HCAHPS: Quietness of Hospital Environment
Jan	52
Feb	47.1
Mar	44.4 (below goal)
Goal	46.4

IMPLEMENTATON

- Sleep checklist developed and posted in all patient rooms, included items to minimize disturbances:
 - i.e. pain medications, toileting, water, etc.
- Educated staff about the importance of sleep and utilization of the sleep checklist
- Collected data via patient surveys in October and reviewed HCAHPS scores
 - During this hospital stay, how often was the area around your room kept quiet?

NEXT STEPS

- Continue to utilize the sleep checklist in order to tailor environment to patients' needs
- Continue to ask patients about their sleep quality and review HCAHPS scores to evaluate staff on effectiveness of improving sleep quality

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