

# Decreased Sleep Interruption at Night

Amanda M. Harman BSN, RN

*Lehigh Valley Health Network*, [amanda\\_m.harman@lvhn.org](mailto:amanda_m.harman@lvhn.org)

Arin Alkanani BSN, RN

*Lehigh Valley Health Network*, [arin.alkanani@lvhn.org](mailto:arin.alkanani@lvhn.org)

Brooke Medina BSN, RN

*Lehigh Valley Health Network*, [brooke.medina@lvhn.org](mailto:brooke.medina@lvhn.org)

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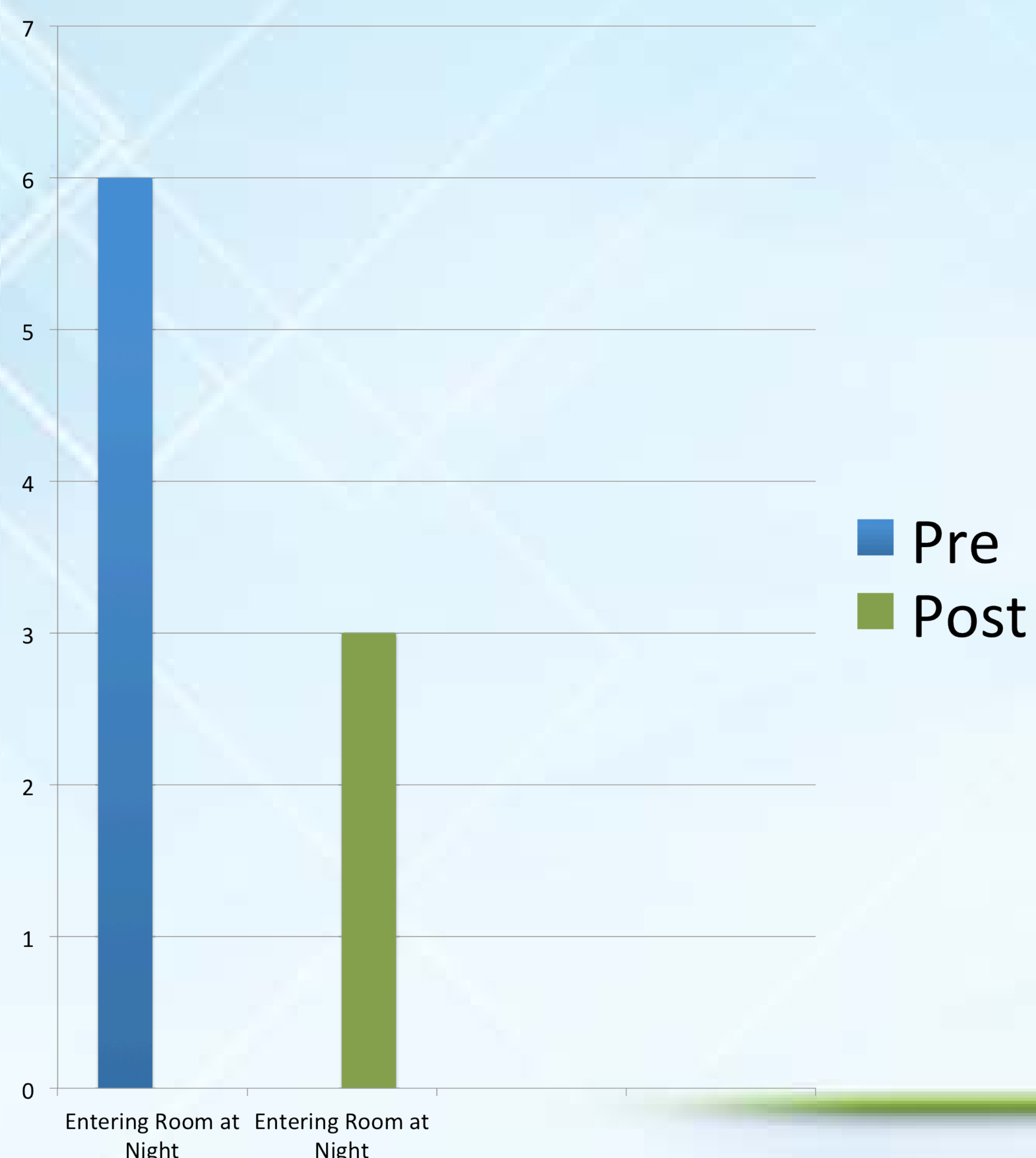
Amanda Harman BSN RN, Arin Alkanani BSN RN, Brooke Medina BSN RN

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.

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