

Shhh...eep: Sleep Health, Healing & Happiness Through Elective Options for Elderly Patients

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PICOT

In the older adult population, how does the use of non-pharmacological interventions compared to no interventions impact quality of sleep during the patient's hospital stay?

PURPOSE

The purpose of this project was to offer patients evidence-based non-pharmacological interventions to minimize sleep disturbances and improve healing.

Nursing
intervention

Patient's
Sleep Quality

Improved
Healing

REVIEW OF LITERATURE

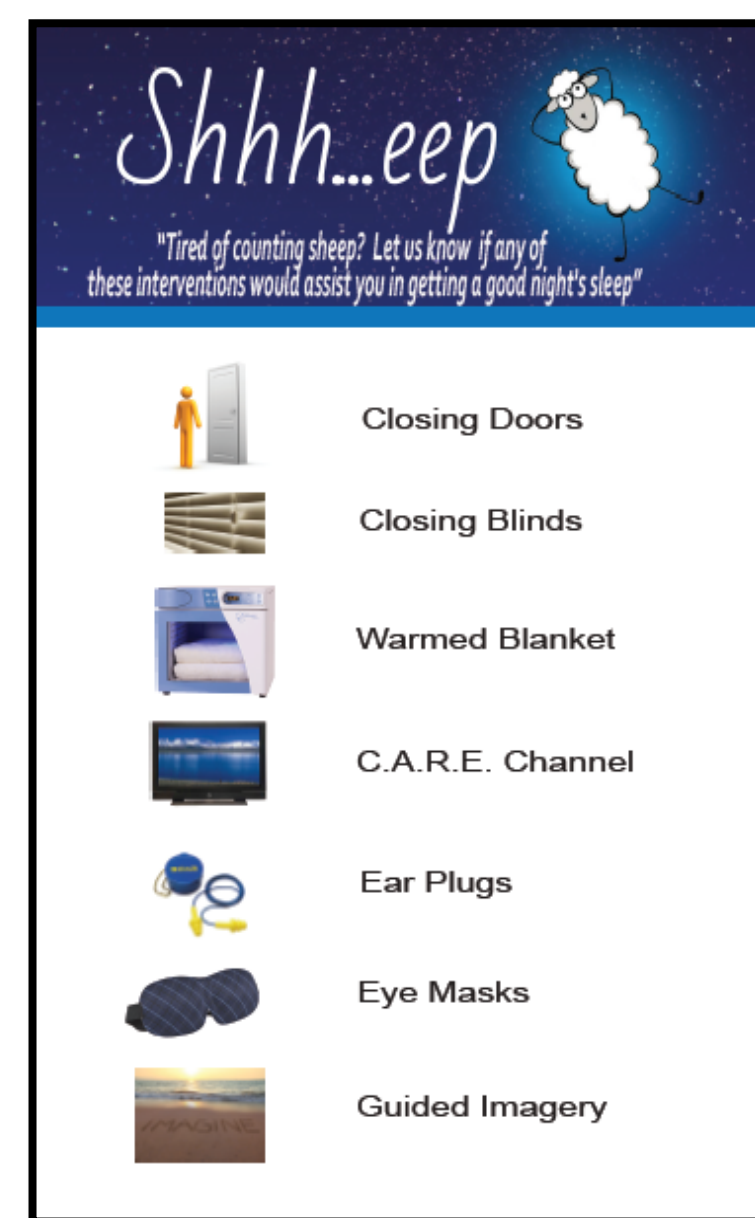
- The evidence indicates that non-pharmacological interventions have successfully improved patients' perception of their quality of sleep while in the hospital.
- Forty percent of patients in one study reported that closing the door improved their perception of sleep.
- While in a critical care setting, 22% and 28% of patients identified wearing earplugs and eye masks, respectively, as factors to promote sleep.
- Music therapy has a moderate effect on improving sleep.
- Elderly patients can find discomfort in a cool hospital environment. Applying warmed blankets to elderly patients has significantly shown a decrease in discomfort to aid in healing.

METHODS

Create
Menu

Obtain
Materials

Educate
Staff



Ear Plugs and Eye Mask

Warmed Blankets

MP3 Player for Guided Imagery

Care Channel

Discussions at nurse's station

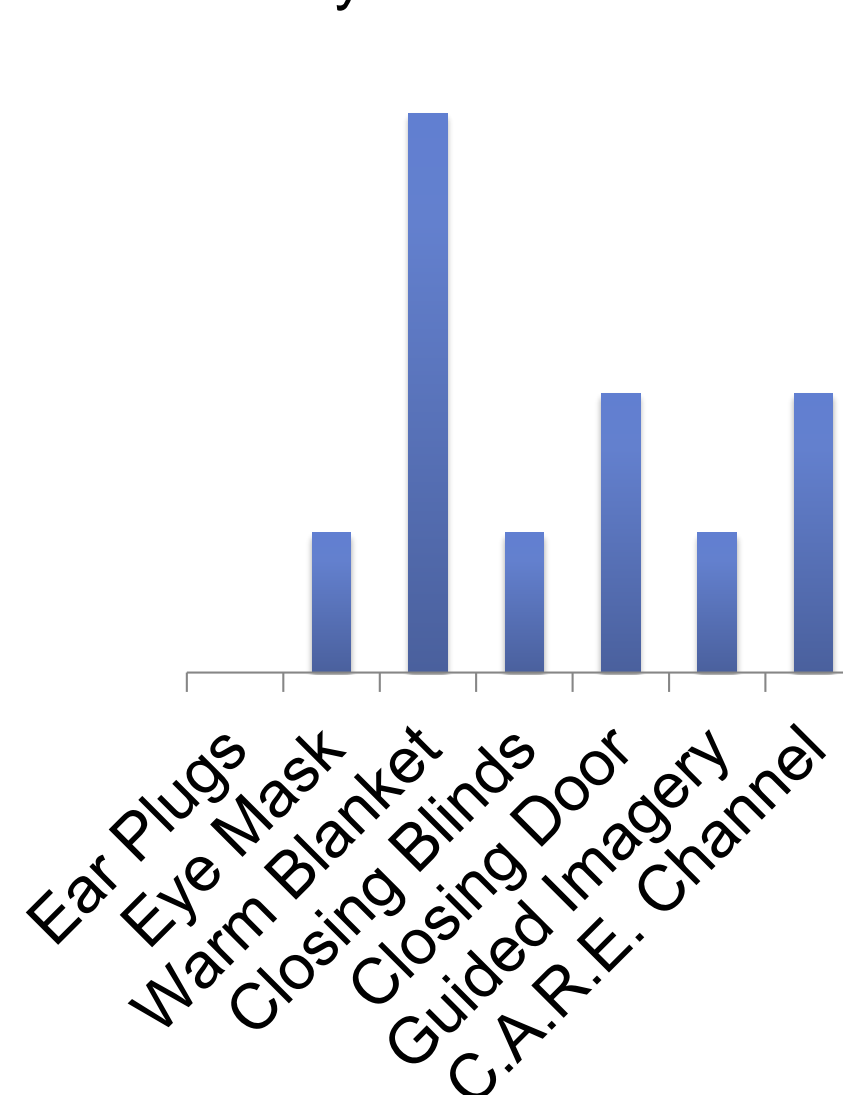
Email describing project

Reminders at unit council

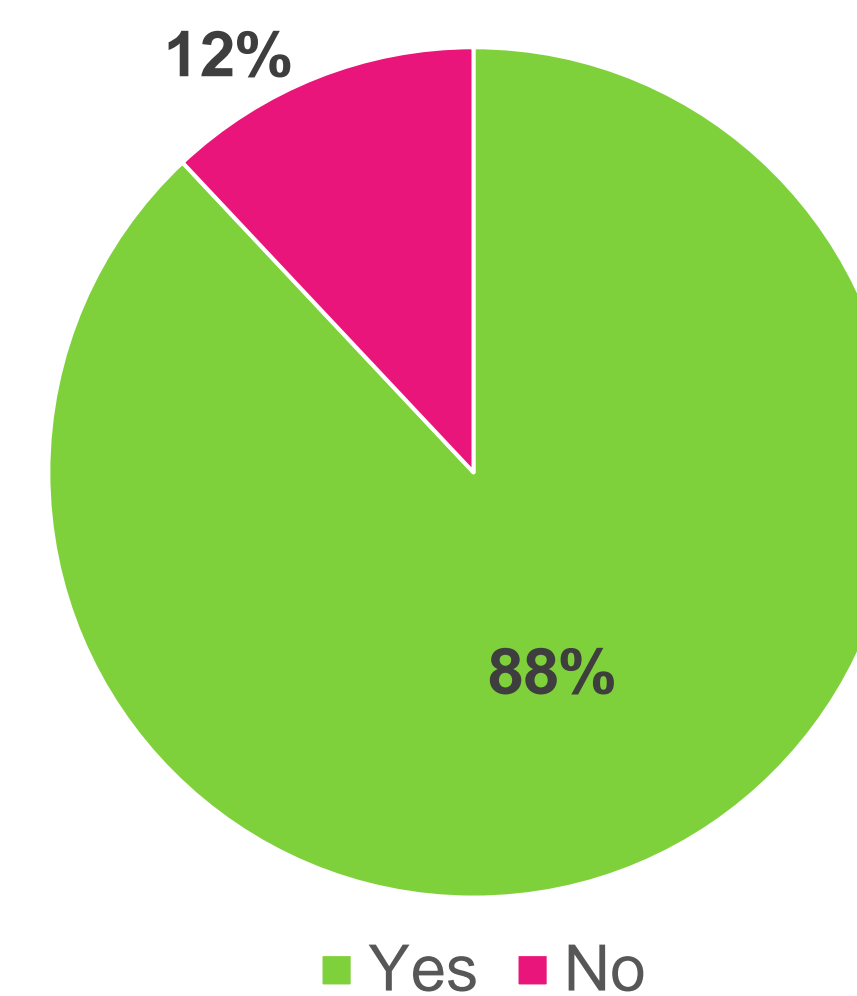
Poster board on unit

RESULTS

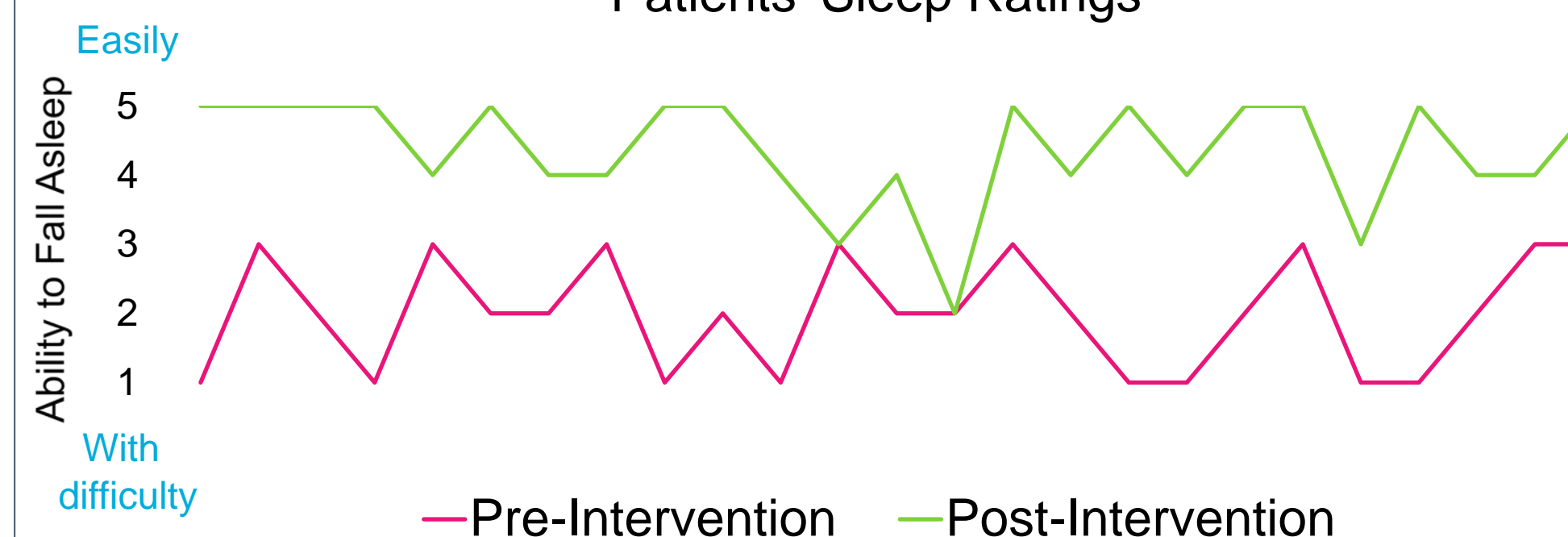
Interventions Chosen
by Patients



"Did the Interventions Improve
Your Sleep?"



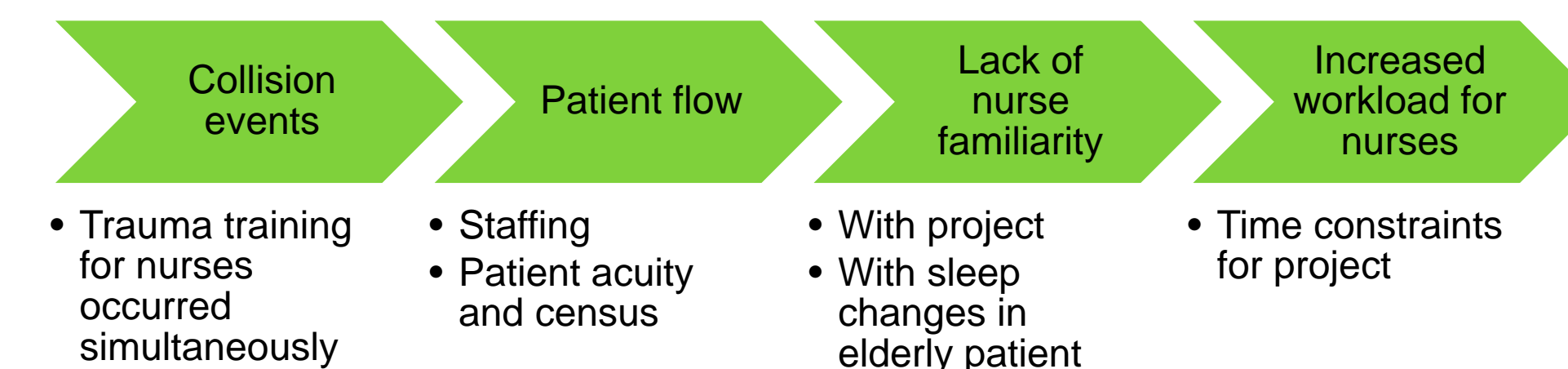
Patients' Sleep Ratings



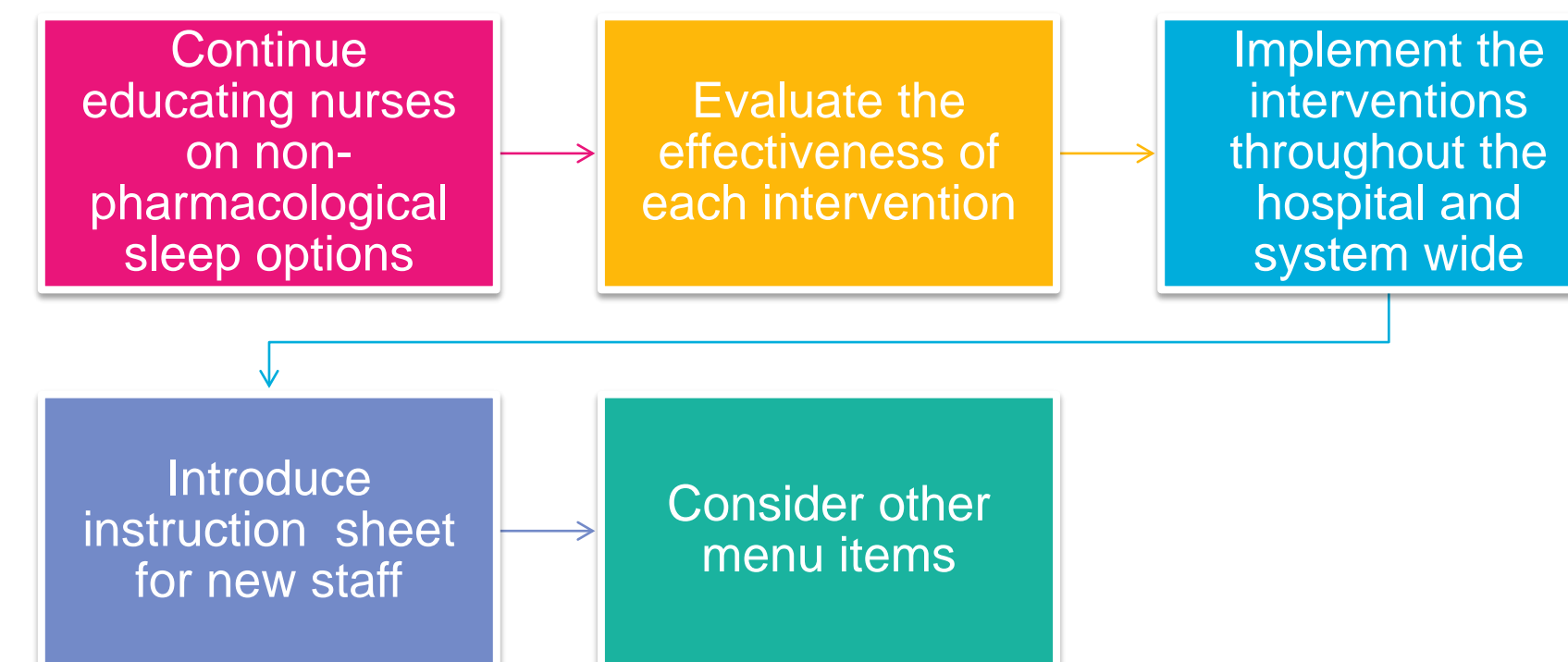
NURSING PRACTICE IMPLICATIONS

- Important to assess elderly patients' sleep quality
- Offer simple interventions such as earplugs or eye masks
- Suggest modifications to the patient's environment such as music therapy, guided imagery and darker rooms to help promote better sleep

BARRIERS



NEXT STEPS



ACKNOWLEDGEMENTS

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