Promoting Patient Sleep
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Hospital Code Name: Canberra Hospital
KEY PROBLEM

- Hospital patients frequently experience poor sleep
- Sleep deprivation and fragmentation have significant psycho-physiological consequences which protract recovery and increase mortality
- Hospitals are noisy environments with noise emanating from a multitude of sources including:
  - Environmental factors such as staff noise and light
  - Hospital ward layout
  - Clinical care interventions
AIM OF THIS INNOVATION

- Improve patient sleep at Canberra Hospital by implementing the recommendations of the research study.

- *Patients’ quality of sleep at Canberra Hospital*

- Conducted by the Research Centre for Nursing and Midwifery Practice, Nursing and Midwifery Office, ACT Health.
BASELINE DATA

- 76% of patients reported their sleep to be poor.
- Patients reported sleeping **5.3 hours** per night (1.8 hrs less than at home).
- Noise levels in the clinical environments were **37% to 83%** higher than those recommended by WHO (30 decibels).
- Noise reported as main cause of sleep disturbance by nursing staff and patients. Care provision and pain also reported.
- Main sources of noise were **staff conversation** and activity, with monitor alarms and the way the clinical environment was laid out secondary contributors.
KEY CHANGES IMPLEMENTED (Planned)

- Reduce staff noise
  - Yakker trakkers
  - Education about sleep
  - Identify ways to better monitor sleep (Actigraph device)

- Review routine clinical care practices to better provide care tailored to individuals

- Review pain management protocols and procedures

- Ensure existing facilities and equipment promote sleep
  - e.g. noise absorbing fixtures - perspex screens, curtains and doors in existing clinical areas

- Ensure new/refurbished facilities and equipment promote sleep
OUTCOMES SO FAR

- Implementation plan developed
- Project Officer appointed
- Support from all high level stakeholders secured
- Some Yakker Trakkers in situ
- Others by September
LESSONS LEARNT

- Causes of sleep disturbance are (relatively) easily modified
- Have a plan
- Realistic and incremental steps to build confidence (Plan, Do, Study, Act) e.g. pilot changes in a few areas first
- Get stakeholders on board early (consumers too)
- Collect data from the outset
- Have a media plan before you start
- Provide feedback as you go along to promote engagement