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26th Annual Symposium of Student Scholars -  
2022

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**In hospitalized adult patients experiencing sleep disturbances at Cobb hospital Cardiac telemetry unit, will a nonpharmacological multi-component sleep promotion protocol compared to current pharmacological practices, effectively result in better patient sleep quality and satisfaction scores?**

Janet Hall

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Hall, Janet, "In hospitalized adult patients experiencing sleep disturbances at Cobb hospital Cardiac telemetry unit, will a nonpharmacological multi-component sleep promotion protocol compared to current pharmacological practices, effectively result in better patient sleep quality and satisfaction scores?" (2022). *Symposium of Student Scholars*. 388.

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## EBP Abstract

### *Background:*

The purpose of this evidence-based practice project is to implement and evaluate a nonpharmacological multi-component sleep promotion protocol for adult patients experiencing sleep disturbances related to hospitalization. Sleep is extremely important and plays a major role in restoring and healing our bodies. However, recent studies have shown that roughly 30 to 60% of hospitalized patients experience sleep issues or disturbances.

### *Brief Literature Review:*

Poor sleep negatively impacts all physiological systems, impairing immune function, delaying wound healing, and increasing the risk of various comorbid diagnoses such as diabetes, obesity, depression, heart attacks, and hypertension. Current sleep promoting methods used on the cardiac telemetry unit are pharmacological based. The use and availability of nonpharmacological sleep promotion methods are, however, limited.

### *Proposed Project:*

The multi-component sleep promotion protocol will have a focus on a sleep questionnaire. Once admitted to the floor, patients will fill out the form. The patients will have the opportunity to answer questions about their preferred sleep environment and what their routine consists of when at home. Additionally, patients will rate their satisfaction and sleep quality levels from their hospital stay thus far.

### *Evaluation:*

Patients admitted to the floor will have the choice of whether to consent to filling out the sleep questionnaire or not. Baseline and post-intervention scores will be analyzed to evaluate the effects of the multi-component sleep promotion protocol.