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## Improved Sleep in Acute Care Settings

Bryce Lyons

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**Project Proposal Abstract**

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NURS 4417: Advanced Clinical Practicum

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### **Background**

Patients in the cardiac telemetry unit report poor sleep quality and sleep satisfaction. Key topics of concern on the unit are multiple disruptions during the night, lights being left on, doors being left open, machines beeping, and other patients being loud.

### **Significance**

Having quality sleep can make a huge impact on patient recovery and length of stay. The significance of this research is to study ways that improve patient sleep in turn creating a healthier unit.

### **Purpose**

The purpose of this project is to find methods that promote patient sleep and satisfaction while in the hospital.

### **Literature Review**

After researching, the best evidence for improved sleep quality in an acute care setting are methods that reduce or minimize the number of disturbances. The strongest evidence for improved sleep quality is a research study conducted by Antonio Christian Karl with the implementation of device called a sleep menu. The sleep menu can be easily incorporated in the cardiac telemetry and provides clients with items to block out sleep disturbances. The next intervention that could be implemented on this unit is from a study conducted by Lopez Blackburn on nighttime protocol. The nighttime protocol can easily be implemented in a briefing session and helps nurses promote a healthier sleeping environment.

### **Intervention Description**

The intervention that I will be implementing on the unit is targeted to generate patient centered care and diminish sleep disruptions. The interventions being implementing on the cardiac telemetry unit are quiet hours, a sleep brochure aimed at creating a sleep environment like the client's home, and a sleep basket with items like eye shields, white noise machines, and ear plugs. The interventions will first be discussed with the charge nurse during nigh shift huddle. Concerns of patients sleep, and the statistics will be brought to their attention during this time. Once approved the nurses will be briefed on the items and strategies that will be put in place.

### **Evaluation of the Project**

The interventions will be evaluated by creating a patient sleep quality survey for our patients to see if units' quality of sleep has improved. The outcomes of this project will be measured by a survey, and the staff's acceptance will be evaluated during huddle. During huddle nurses will be encouraged to discuss the new interventions and provide feedback on what can be done to improve the interventions. The nurses will also be encouraged to provide personal patient experiences on the new interventions.