



Will geriatric patients have increased quality and duration of sleep with use of non-pharmaceutical nursing interventions?

Emma Enders, BSN, RN and Julian Keller, BSN, RN
Heart and Vascular Progressive Care Unit (HVPCU)

Introduction

Geriatric patients are predisposed to sleep disturbances due to the decreased time in stages three, four, and REM sleep. Since the use of sedative hypnotics increase risk of falls and delirium in hospitalized elders, will the use of non-pharmaceutical nursing interventions increase the quality and duration of sleep?

PICO Question

Population: hospitalized geriatric patients
Intervention: non-pharmaceutical nursing interventions
Comparison: patients with no nursing interventions
Outcome: increased patient perception of length and quality of sleep

Methods

A literature search was conducted using CINAHL, EbscoHost, and Pubmed databases

Keywords: non-pharmaceutical sleep interventions, geriatric, sleep promotion, sleep nursing interventions



http://www.huffingtonpost.co.uk/2013/10/22/poor-sleep-alzheimers-_n_4140716.html

Results

Article	Results
Jones, C. & Dawson, D. (2012).	The intervention group identified eye masks (28%) and earplugs (22%) as interventions that promoted sleep.
Shah H, (1993)	The experimental group exposed to white noise resulted in deeper and better quality sleep.
Kettenmann, B., Wille, C., Lurie-Luke, E., Walter, D., & Kobal, G. (2007).	The individuals in the heat wrap therapy group stated being less stressful and able to get a better night's sleep,
Benson, L., LaReau, R., Manguba, G., & Watcharotone, K. (2008).	The experimental group receiving a sleep protocol intervention (personal hygiene, back rub, bedtime snack and re-do bed linens) stated experiencing better sleep quality.
Francis, N., & D'silva, F. (2012).	The intervention group practicing progressive muscle relaxation had an increase in quality of sleep.

Discussion

Nursing plays a key role in promoting sleep in hospitalized patients. Eye masks, earplugs, exposure to white noise, heat therapy, sleep hygiene and progressive muscle relaxation have been found to increase the quality and duration of sleep in the patient population and improve their overall health outcome.

Conclusions

Sleep is essential for our patient's health and quality of life. Research demonstrates evidence of improved quality of sleep when non-pharmaceutical nursing interventions are implemented. As nurses we should strive to use these non-pharmaceutical interventions to promote sleep and decrease the risk of delirium in the geriatric patient population.

References

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