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

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Introduction
Geriatric patients are predisposed to sleep disturbances due to decreased time in stages three, four, and REM sleep. Sedative hypnotics increase risk for falls and delirium in hospitalized elders. Therefore we investigated the use of non-pharmaceutical nursing interventions on the quality and duration of sleep in hospitalized elders.

PICO Question
Population: hospitalized geriatric patients
Intervention: non-pharmaceutical nursing interventions
Comparison: patients with no additional nursing interventions
Outcome: positive patient perceptions 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

Literature Review

<table>
<thead>
<tr>
<th>Article</th>
<th>Results</th>
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<tbody>
<tr>
<td>Jones, C. &amp; Dawson, D. (2012).</td>
<td>The treatment group identified eye masks (28%) and earplugs (22%) as interventions that promoted sleep.</td>
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<td>Shah H, (1993)</td>
<td>The experimental group exposed to white noise were noted to have deeper and better quality of sleep.</td>
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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.

In the Heart and Vascular Progressive Care Unit, efforts towards improving patient’s quality of sleep using non-pharmaceutical nursing interventions has had positive results. Of 55 patients answering a survey, 56.4% (n=31) stated that ear plugs and eye masks decreased noise level around their room at night time and improved their sleep. Those results showed an 7.3% improvement in patient satisfaction since implementation of eye masks and ear plugs during Quarter 3 of 2014. We continue to work towards 100% patient satisfaction and improved sleep with the recent implementation of white noise machines.

Conclusions
Sleep is essential for our patients’ 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