

QuietCare: A QIP to Improve Patient Sleep Quality in Hospitals

Student Number:

Problem

Quality of physical environment in hospitals contributes to patients' safety and wellbeing (Sawyer et al., 2020).

30-50% of people admitted to NHS hospitals suffer from significant sleep disturbance (Astin et al., 2020).

The Care Quality Commission (2019) reports that 22% of patients express disturbance of sleep due to staff interference.

Need for comprehensive and systemic intervention which can improve the patient-centric environment promoting uninterrupted and restorative sleep for patients.

Aim

To improve the sleep quality in patients in XYZ surgical ward over a three-month period by implementing a sleep improvement care bundle.

Rationale

•Reduction in sleep quality in hospitalised patients leads to delays in recovery, including more time in hospital (Ritmala-Castren et al., 2022) .

Nurse Education
(Morse and Bender, 2016)

Decreased sleep quality causes inflammation and increased activity of nervous system, causing negative metabolic effects (Burger et al., 2022).

Patient Comfort
(Obanor et al., 2021)

Nurses play an essential role in providing support to patients at night.

Call Response Modification
(Galinato et al., 2015)

Nurses' active involvement in a targeted QI programme is important (Diaz-Alonso et al., 2018).

Implementation Plan Using PDSA (Katowa-Mukwato et al., 2021)

Plan

- Educate nurses on working quietly.
- Provide patients with eye masks and ear plugs.
- Implement a light-based call system.

Do

- Conduct training sessions for all nurses working on the ward.
- Equip doors with soft close options.
- Provide nurses with comfortable but low noise footwear.
- Modify the existing call system to become a dual notification system.
- Test a light-based system and educate nurses on light-based calls.

Act

- Assess nurses' views on the training session.
- Consider patient feedback on the quality and impact of earplugs and eye masks.
- Evaluate the light-based call system and response.
- Consider scale-up of the intervention.

Study

- Noise level
 - Decibel level in patient care areas before and after intervention.
- Nurse feedback
 - Nurses' satisfaction with noise reduction metrics.
- Patient feedback
 - Perceived disturbance in sleep before and after feedback.
 - Satisfaction with eye masks and ear plugs.
- Call response monitoring
 - Response time to light-based calls.
- Nurse and staff feedback on light-based calls.

Vision

- Conduct training sessions for nursing staff on the importance of sleep quality.
- Emphasise the impact of loss of sleep quality on patient outcomes.
- Provide practical solutions, including closing doors gently, using soft tones, wearing quiet shoes and minimising overall ambient noise.

- Provide patients with adjustable eye masks to reduce exposure to external light.
- Supply comfortable and high-quality earplugs to minimise external noise and its impact.
- Provide patients with information in the form of an information brochure.

- Upgrade the call button system to operate using lights during night hours.
- Train nursing staff on recognising the light-based call system and responding promptly.
- Provide education to patients on the need to use light signals during nighttime hours.

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