Sleep: The Sixth Vital Sign
A Toolkit for Success

Liz Dahlem, BSN, RN
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Abstract
Simple things – like rest times and sleep – go a long way toward protecting the health of our patients. One major area of concern nationally is the lack of sleep patients get during their hospital stay due to care tasks and noise.

Sleep deprivation while being cared for in health care facilities threaten the lives of patients and the financial health of the organization. This is true here at Longmont United Hospital, too. Research shows sleep deprivation has negative effects on breathing, circulation, immune status, hormonal function and metabolism, and ability to perform physical activity.

Centura Health is launching a major initiative to improve rest and sleep for hospitalized patients and every staff member plays a critical role if we are to be successful.

Our nurses will be assessing the patient’s sleep quality from the previous night and their sleep goal and will be documenting this information on the whiteboards in patient rooms.

Our Sleep initiative, Sleep: The Sixth Vital Sign includes educating medical staff, nurses and employees across the hospital in their role in promoting rest and sleep for the hospitalized patient. Nurses and care providers are expected to allow rest times during the day and sleep at night. In addition, all staff will be expected to reduce noise levels on inpatient units.

We will also engage patients and families, encouraging them to allow rest and sleep for their loved one during the hospitalization.

Outcome Metrics

IMPROVEMENT IN PATIENT SATISFACTION SCORES: QUIET AT NIGHT
Goal: An improvement in patient satisfaction scores: Quiet at Night in all Centura Facilities. The institutional benchmarks will be used to measure improvement rates.
Measurement: HCAPPS reporting: Quiet At Night

Improvement Noted As: To realize any improvement in the Patient Satisfaction Scors: Quiet At Night after six months of implementation with continued progress over time.
Measurement Period: Baseline March 1, 2016 - September 30, 2016. Post implementation measurement as determined by facility

Frequency of Reporting: Target is monthly to Facility and System

Goal: A reduction of falls in all Centura Facilities. The institutional benchmarks will be used to measure reduction rates.
Measurement: Rate of in-hospital falls

Improvement Noted As: To realize any reduction in patient falls after six months of implementation with continued progress over time.
Measurement Period: Baseline March 1, 2016 - September 30, 2016. Post implementation measurement as determined by facility.

Challenges
CENTURA HEALTH FACILITIES will require a cultural shift in promoting sleep in the hospitalized patient. It will require educating the medical staff, nurses and employees throughout the hospital in their role in promoting rest and sleep.

Implications for Practice

• Strategies for Noise Reduction & Sleep Promotion include a Sleep Education and Employee Newsletter Article.

Contact Information
Liz Dahlem, BSN, RN
Longmont United Hospital
LizDahlem@centura.org

Literature Cited

• 1 Murphy, G., Bernardo, A., & Dalton, J. (2013). Quiet at night: implementing a nightingale principle. The American Journal of Nursing 113(12), 43-45. DOI: 10.1097/0000043887118044.b1
