Developing Nursing Care Guidelines: Promoting a good night’s sleep for inpatients

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Introduction

• The STHFT Evidence Based Council
• Where the project came from
• Organisational evidence
• National evidence
• Developing a nursing care guideline
History of the Evidence Based Council

- STHFT is currently on five sites of the city
- The Council Started in 1998 at Central Site then in 2000 at Northern Site
- Amalgamated in 2002
- Initially the idea came from a joint professorial appointment between hospital and university
- Unique within the UK
- Original Purpose
  - Stimulate EBP
  - Education
  - Change Agents
  - Equal Partnership
What does the Council do?

• Promotes Evidence Based Practice (EBP) within the organisation & beyond
• Provides a forum to share innovation
• Support for staff undertaking EBP activities
• Influence & participate in Trust wide strategies that support the development of EBP
Where the sleep project came from

• Discussions at the Evidence Based Council
• Expressions of interest from around the Trust and beyond
• An area where everyone had a view / opinion
  – Sleep in an acute hospital
  – Noise
  – Care activities
  – Environmental issues
• Linked in with Trust strategies as well as many, many clinical areas
Sleep for the inpatient

• Lack of sleep can impact on patient’s health and length of stay in hospital

• National NHS Patients Survey has identified that patients have problems sleeping in hospital

• Local patient surveys were highlighting this too
Getting people involved

• Membership:
  – Led by Council facilitators
  – Council members initially
  – Then a wider network involved
    • Staff who worked nights
    • Neurophysiology
    • Pharmacist
    • University colleagues
    • Health Sciences Librarians
• It struck an organisational chord
Organisational evidence

- Anecdotal evidence from the initial group
- Sharing of good practice
- Myth busting – what clinical areas can order and where from
- Data from every in-patient area
  - Time the lights are switched off at night
  - Does the area have a rest hour
  - What time is the last drug round?
  - What time do the lights get switched on in the morning?
  - What drinks are offered to patients before bedtime?
    - Caffeine or decaffeinated options
National evidence about sleep

• Sleep in hospital rarely restful
• Sleep is restorative
• Reduced sleep is associated with certain conditions
  – Obesity
  – Cardiovascular morbidity
  – Respiratory conditions
  – Deficient immune systems
• Discussions about what is the “right” amount of sleep needed
What affects sleep in hospitals?

- Noise
- Lights
- Temperature
- Staff talking
- Equipment
- Cares
What are the solutions?

- Reduce nursing cares – reduce noise?
- Manage patient pain
- Reduce patient stress
- Keep a regular bedtime
- Staff to consider the age of the patient
- Assess medication
- Reduce caffeine intake
Nursing Care Guidelines

• An evidence based nursing care guideline, covers an episode of care or event that supports the pathway of care for that particular patient, providing detailed information and guidance for that care.

• A nursing care guideline is to be used in conjunction with / as an addition to, existing care plans and evidence based care pathways.

• A nursing care guideline does not replace your professional judgement

STHFT, 2007
Nursing Care Guidelines @ STHFT

• Trust wide initiative started in 2007
  – though some areas were using them earlier
• Written by experts in the field
• Now have 300+ of them
• Updated regularly
• Electronic database on the Trust’s intranet
• Accessibility and ease of use paramount
Developing our evidence based Nursing Care Guideline

- Used the STHFT template
- Using focus groups to try out the guideline
- Involving Patient Governors in our ratification process
- Launching the Care Guideline across the organisation
  - Using the Trust Record Keeping Group
Where to from here?

- Trust wide monitoring of the use of Nursing Care Guidelines
- Formal evaluation of this guideline in 2012
- Use our Patient Governors more in collecting data, providing views etc
- Get the right people involved in our future projects, as early as possible
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