

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

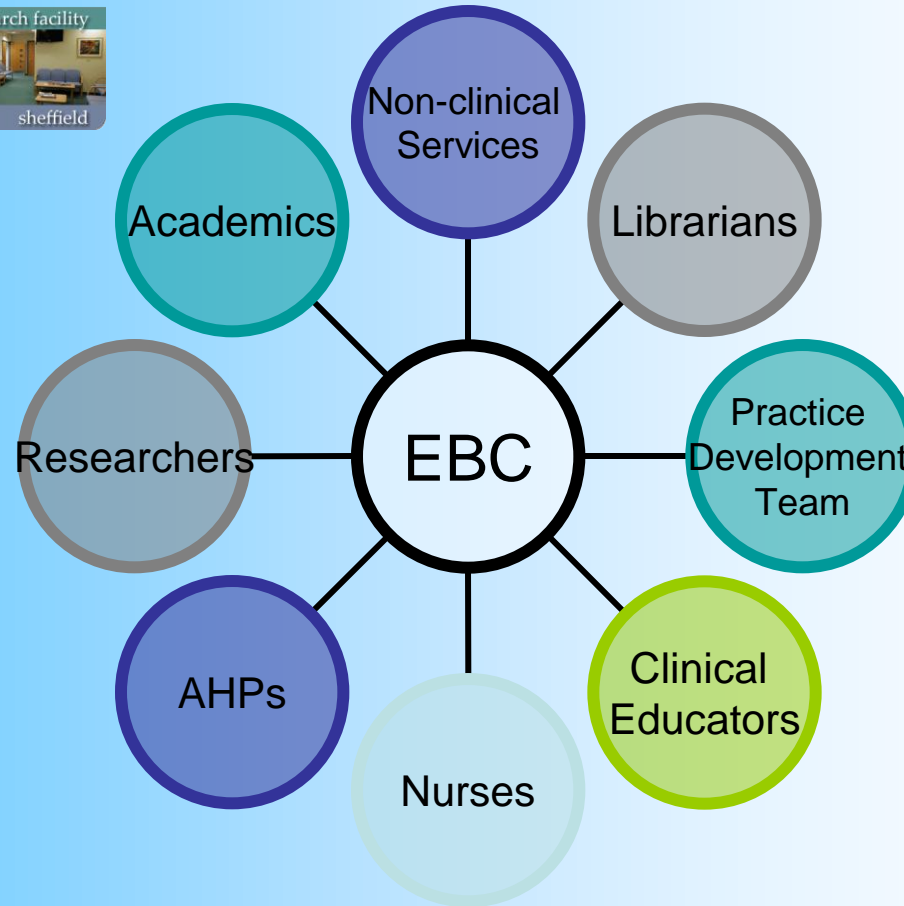


What does the Council do?

- 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



Membership



The University Of Sheffield.



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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