Beyond Counting Sheep: Enhancing Inpatient Sleep Quality Through Quality Improvement

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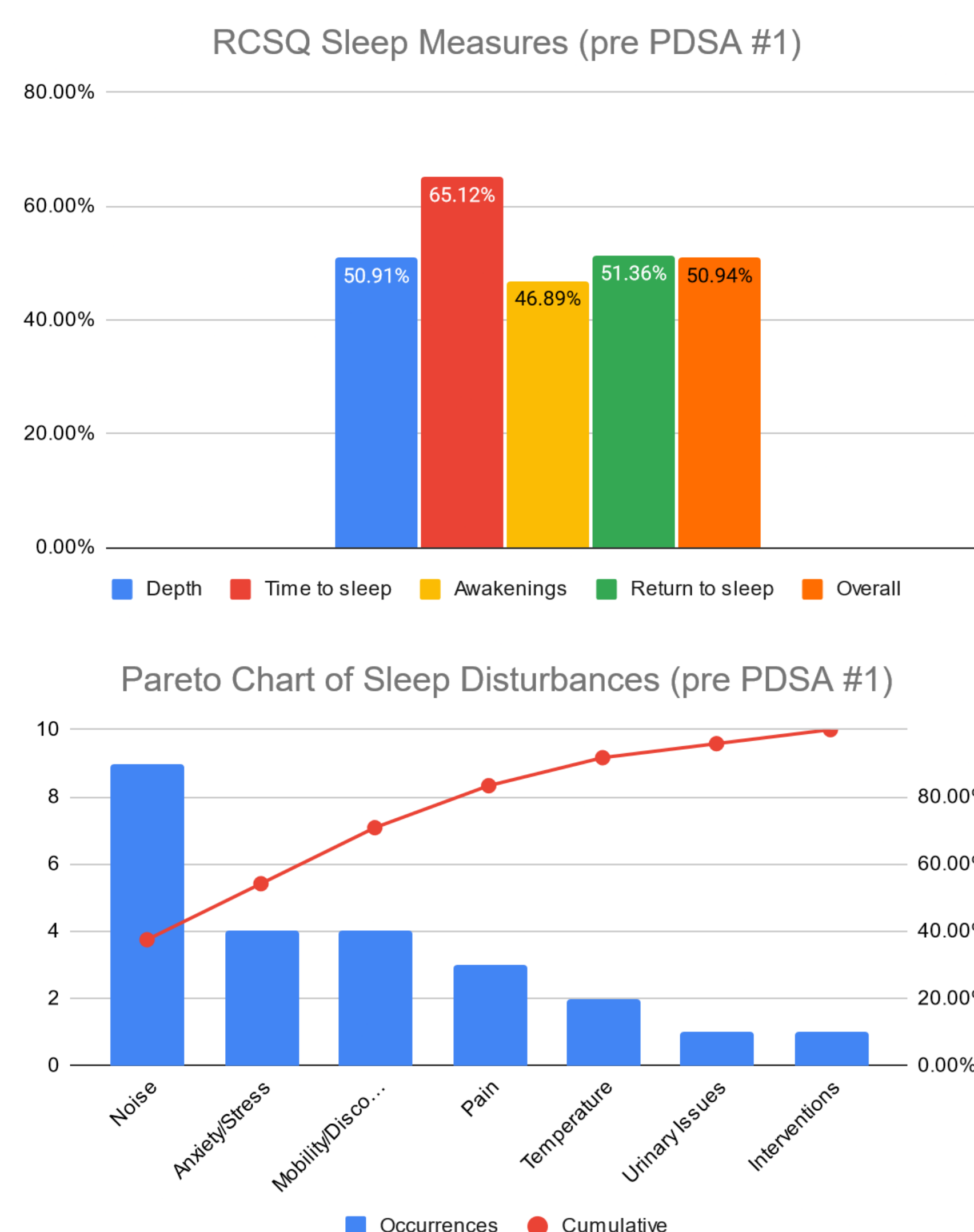The Centre for Quality, Innovation and Safety

AIM Statement: By June 2024, enhance sleep quality and quantity by 25% for hospitalized adult patients at the London Health Sciences Centre, leveraging non-pharmacological interventions.
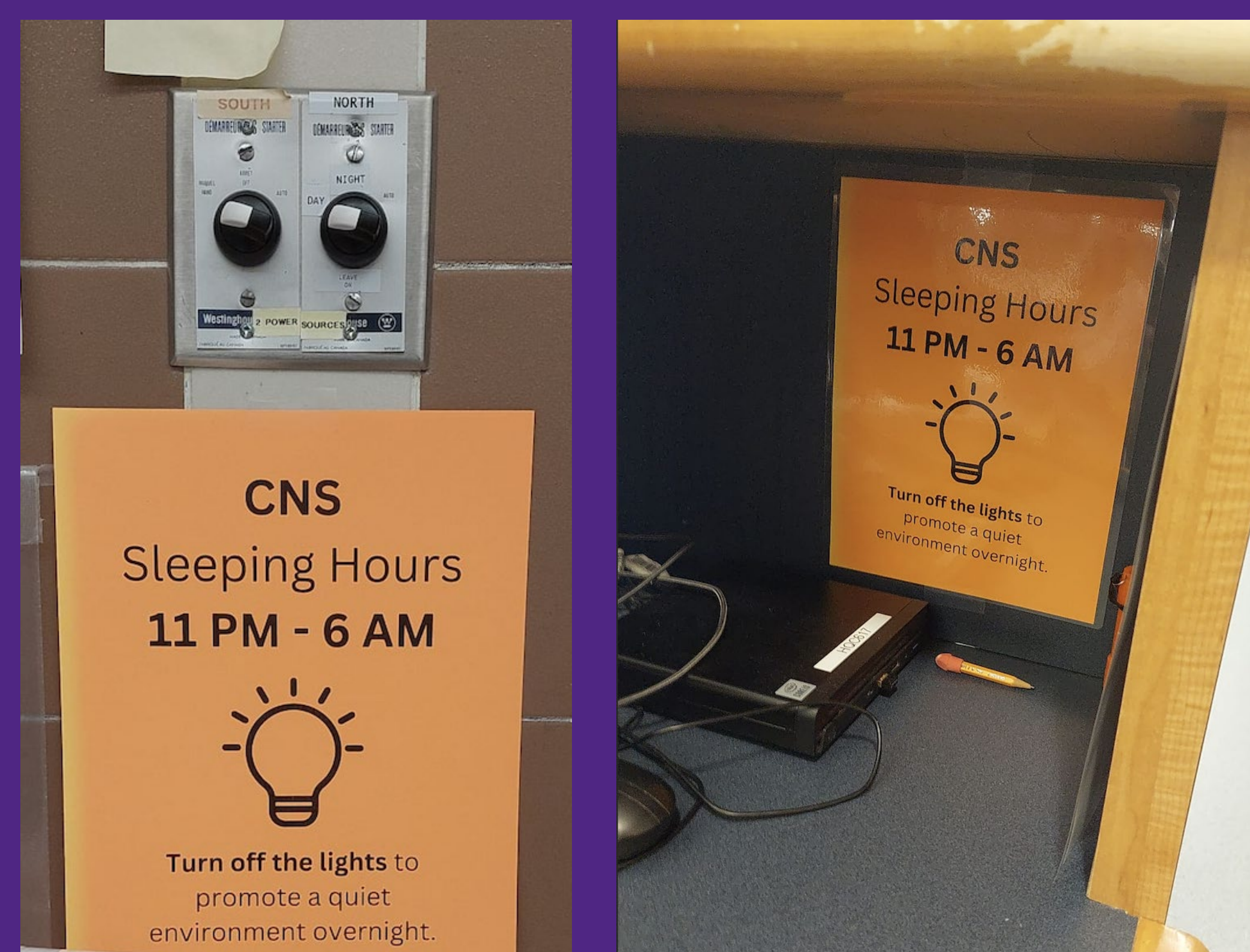
PROBLEM DEFINITION

Hospital stays can often disrupt sleep due to environmental noise and regular nighttime checks, which can impede recovery and increase healthcare costs. Poor sleep can worsen medical conditions and increase the risk of delirium and falls.

ROOT CAUSE ANALYSIS

Stakeholder engagement and analysis revealed that noise, patient anxiety and stress, and uncontrolled pain are the primary disruptors of sleep. The interventions aim to mitigate these issues through environmental adjustments and education.

RCSQ Sleep Measures (pre PDSA #1)

Pareto Chart of Sleep Disturbances (pre PDSA #1)

Sleep Solutions:
Addressing Noise To Improve Patient Sleep On The Neurology Floor

QUIET PLEASE
Help Improve Patient Sleep

CNS Sleeping Hours
11 PM - 6 AM
Turn off the lights to promote a quiet environment overnight.

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IMPLEMENTATION

1. PDSA cycle 1 and 2 were implemented
2. Reflection on implementation challenges
- Multidisciplinary approach
- Proactive communication
- Interventions based on real-time feedback
- Logistical hurdles
- Ongoing monitoring and feedback mechanisms

MEASUREMENT & RESULTS

1. **Run Chart**: % Overall Sleep Quality

2. **Process and balancing measures**
- Richards-Campbell Sleep Questionnaire
3. **Discussion**
- Lack of QI project awareness
- Intervention inconsistencies

SUSTAINABILITY

1. **Process owner**
- Nurse Practioner and Clinical Manager
2. **Documentation of new standard**
- Visual reminders / posters
- Nurse education program & bullet rounds
3. **Monitoring plan**
- Patient reports
- Quarterly checks & stakeholder feedback
- Noise monitoring devices