Background & Significance

• Prevalent Symptoms in Cancer Patients:
  - Nausea (15%-75%)
  - Severe fatigue (40%-60%)
  - Pain (40%-50%)
  - Sleep disturbance (40%)

• Effects of Sleep Disturbances:
  - Excessive daytime sleepiness
  - Delayed reaction time
  - Reduced cognitive performance
  - Increased fall risk
  - Decreased immune function
  - Increased cortisol levels

• Causes of Sleep Disturbance in Hospitalized Patients:
  - Environmental noise / light
  - Medication administration
  - Delirium
  - Hypertension
  - Anxiety / Depression

Project Goals

• To develop a quality improvement project to address findings.

Methods: Part 1

CMSAS

To identify the most common symptoms and their level of severity in the Memorial Symptom Assessment Scale.

One day survey Wednesday June 22, 2011 using the CMSAS (Condensed Memorial Symptom Assessment Scale).

Results

• 160 patients surveyed (M5, M8, M10, M12, M14, M16, M17, M18, M19)

• Average age 60

• 14% (21.5%) reported trouble sleeping

• Only 12 patients >75 (50% complained of problems sleeping)

• Average age 60

Inpatient Sleep Survey

1. Are you having trouble sleeping in the hospital?
2. If yes, can you tell me if it’s getting to be a sleep or staying awake?
3. Can you tell me the reasons?

Nursing Interventions

Daytime:

• Raise shades/keep lights on
• Encourage activity
• Up to chair and ambulating as tolerated
• Limit naps to 45-60 minutes

Evening:

• Encourage patient to contact Integrative Medicine for relaxation therapies
• For overly anxious patients – consider referral to Social Worker
• Adjust medication schedule to preserve sleep
• Suggestions to SBP

Suggestions to LIP

Consult with LIP about:

- Allow patients at least 2 hour blocks of uninterrupted sleep
- Coordinate Care
- Lead patient in a relaxation exercise or deep breathing exercise
- Encourage patients to silence cell phones, use earphones for music
- Encourage visitors to leave at 8PM
- Offer warm blanket, straighten bed linens
- Lower blackout shades, turn off TV and computer screens
- Necessary (pain, nausea, diarrhea, anxiety)
- Toilet patient
- Encourage patients to complete dinner 3 hours before bedtime
- Encourage patients to verbalize list concerns so they are not thinking about them all night
- Keep a notebook to write down questions to ask the LIPs on AM rounds

Sleep Problems

- Staying Asleep 75
- Falling Asleep 9
- Both 21

Solutions from 50 Patients

- More light before bedtime
- Less caffeine
- More water
- Less noise
- More sleep

FuturE Plans

- Ongoing staff education about sleep hygiene, relaxation techniques, and nursing interventions that promote sleep
- Collaboration with the Patient Volunteer Department to implement the interventions as outlined in the newly developed Patient Fact Card
- Ongoing evaluation of the success of the program utilizing the OASAS

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