Introduction

The WISE project was initiated to determine whether a warm garment would have an effect on body temperature, fall rates, and patient satisfaction related to comfort for those equal to or greater than 65 years of age on the Rehab unit.

Methods

- Rehab staff educated on the study
- Inclusion Criteria:
  - Patients admitted to Rehabilitation Unit
  - Greater than equal to 65
  - Read and write English
- Design: Matched Cohort
- Intervention: Sweatshirt worn between 2000 and 0800 for seven consecutive days.
- Outcome Measurements
  - Patient temperatures 0800, 1600, 2000 (Day 1-7)
  - Comfort Care Patient Satisfaction (Day 8)
  - Fall during study period

Data Analysis

Power Analysis: (Sample 64 in each group)
- Effect size of 0.25
- Alpha of 0.05
- Power of 0.80

Data Analysis:
- Descriptive statistics (Demographic Data)
- Two group repeated analysis of variance measure (Temperature change over time)
- Independent t-test (Patient Falls)

Results

Patient Satisfaction

<table>
<thead>
<tr>
<th></th>
<th>N</th>
<th>Min</th>
<th>Max</th>
<th>μ</th>
<th>s.d.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>35</td>
<td>10</td>
<td>20</td>
<td>16.77</td>
<td>2.302</td>
</tr>
<tr>
<td>Mean</td>
<td>35</td>
<td>2.5</td>
<td>5</td>
<td>4.19</td>
<td>0.576</td>
</tr>
</tbody>
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- Feel more comfortable ($μ = 4.40$, s.d. = 0.847)
- Slept better ($μ = 4.17$, s.d. = 0.857)
- Felt cared for ($μ = 4.20$, s.d. = 0.719)
- Room temperature perception ($μ = 4.00$, s.d. = 0.840)

Discussion

- For both groups core temperature were the same over time (control=98.30; Treatment 98.15; p = .316)
- There were no falls during the study period for the treatment group
- Although 2 patients fell in the matched cohort control group, there is no difference between the treatment group and control group (p=0.150)

Recommendations

- Plan for implementation during the colder months
- Consider a randomized design rather than matched cohort
- Replicate in a skilled, LTAC, nursing home setting, or in acute care versus sub-acute with a controlled LOS unit (Joint, Cardiac)
- Encourage family participation to provide warm garment
- Translate into practice is easy

References


Role of Nursing

Florence Nightingale Wrote that nurses should provide comfort through proper use of “fresh air, light, warmth, cleanliness, quiet, and the proper selection and administration of diet.”

Nurses play an important role in maintaining patient’s body temperature and satisfaction.

Thanks

- Nathan Campbell, ASN Student OLOL-College
- Lisa Skemp, PhD, RN Faculty OLOL-College
- Susan Steele-Moses, DNS, APRN-CNS, AOCN Research Director, OLOLRMC
- Our Lady of the Lake Rehab Staff

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