

BACKGROUND

Many neurological and neurosurgical patients in the intensive care unit are sleep deprived.¹ Inadequate sleep has shown numerous detrimental effects in this patient population.² Sleep deprivation in these patients is largely due to factors that can be mitigated by nursing staff.² The purpose of this project is to provide nursing staff with the tools and training to empower them to effectively promote sleep in critically ill neurological and neurosurgical patients.

- **Approximately 80% of critically ill patients experience sleep disturbance during their hospital admission.²**
- **This lack of sleep is detrimental to patients' health and recovery.²**
- **Nurses have the power to promote sleep and contribute to improved patient outcomes.²**



INTERVENTIONS

A brief educational presentation was designed to be presented to nursing staff as part of a staff meeting program. Preparation steps included:

- **Gathering data from scholarly resources and input from the chosen content expert**
- **Designing an educational program for nursing staff**
- **Presenting gathered data and proposed educational program to unit leadership and redesigning/altering as requested**
- **Presenting the information to members of nursing staff**

METHODS

Rogers' Diffusion of Innovation Theory was referenced when creating the deliverables for this project.³ The project deliverables include:

- **A pre-survey** measuring baseline nursing understanding and implementation of sleep promotion techniques, which will be administered prior to presenting the educational program.
- **An educational PowerPoint presentation** on nursing sleep promotion techniques and rationales to present to nursing staff.
- **A post-survey** measuring nursing understanding and confidence in sleep promotion techniques which will be administered immediately after presenting the educational program.
- **A follow-up survey** measuring nursing implementation of sleep promotion techniques and allowing for staff feedback will be administered six months after the educational program.

REFERENCES

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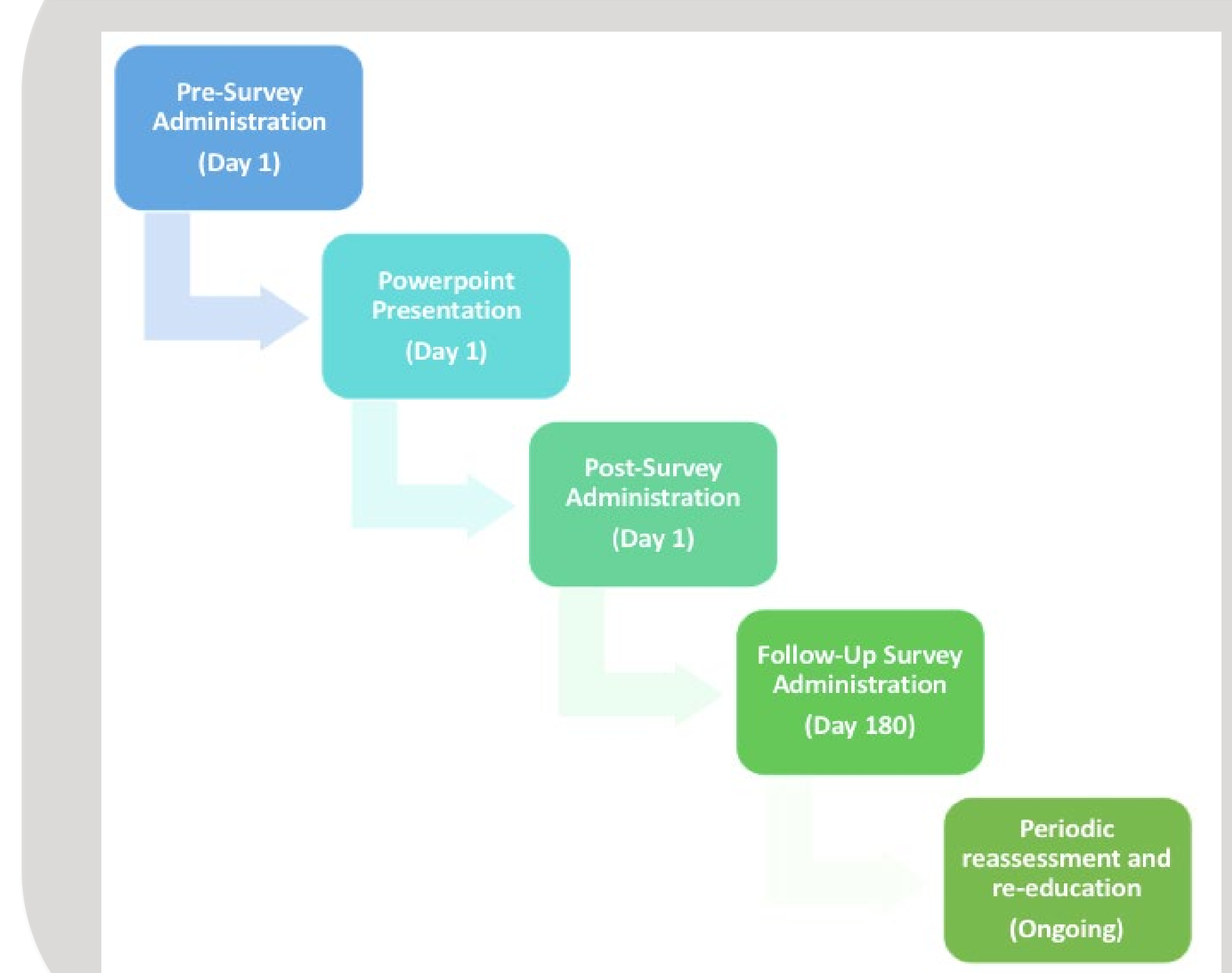
IMPACTS

The implementation of this project could lead to a variety of benefits and improvements in patient outcomes, such as:

- **Decreased incidence of delirium⁵**
- **Improvements in cognitive recovery²**
- **Decreased healing times^{1,5}**
- **Reduced length of hospital stays²**
- **Decreased risk of overall morbidity⁶**

The intended outcome is that the nursing staff will fully adopt the practice changes proposed in this project and continue to practice sleep promotion techniques in the critically ill neurological and neurosurgical population for years to come.

PROJECT TIMELINE



CONCLUSIONS

- **Nurses are influential healthcare team members with significant impact on their patients' outcomes.²**
- **Most of the factors that contribute to poor sleep for patients in the ICU setting can be mitigated by the actions of nursing staff.²**
- **This project aims to improve overall outcomes for neurological and neurosurgical ICU patients through sleep promotion practices and demonstrate that implementing nursing interventions can help achieve those outcomes.**