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Evaluating Nursing Workflow & Satisfaction Through Patient Sleep Promotion on an Orthopedic Trauma Unit

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Background/ Introduction

- Questioned the evidence and necessity around the nursing practice of routine, every four-hour, vital signs during bedtime hours in relation to nursing workflow, satisfaction, and staffing limitations.
- Reviewed current staff opinions and personal practices regarding patient rest. Also identified miscellaneous physician orders used to direct patient sleep promotion.
- Evaluated opportunities for sleep promotion resulting in the discovery of a “Sleep Bundle” pilot on the acute medical floors.
- Adapted pilot to better suit the needs of the orthopedic trauma patient population.
- Goal: Balancing nursing tasks and aiding in improved patient outcomes.

Methods

This quality improvement initiative included:

- Surveying staff to assess for perceptions around patient sleep, current personal practices, and workflow satisfiers.
- Modifying the “Sleep Bundle” inclusion/exclusion criteria to meet the needs of the orthopedic trauma patient population.
- Expanding provider involvement- Orthopedic surgery and Trauma/ General Surgery
- Enrolling appropriate patients in the “Sleep Bundle” which aims to provide a minimum of 6 hours of uninterrupted rest at night.
- Data tracking: Patient satisfaction, patient outcomes, nursing satisfaction

Objectives/ Aim/ Purpose

The “Sleep Bundle” pilot was initiated on the Orthopedic Trauma unit on April 1, 2023 with the goal of positively impacting nursing workflow by reducing unnecessary tasks (i.e., reduction of vital sign and assessment frequency for select patients) and promoting patient rest via a structured, safe process.

Implementation

Nursing Guidelines

REVIEW CRITERIA

Staff participating in the care of patients on the sleep bundle should be familiar with the inclusion/exclusion criteria and care expectations.

IDENTIFY

Using the criteria, nurses can identify appropriate patients for the sleep bundle. Once a patient has been identified, a sleep bundle initiation form should be filled out.

COLLABORATE

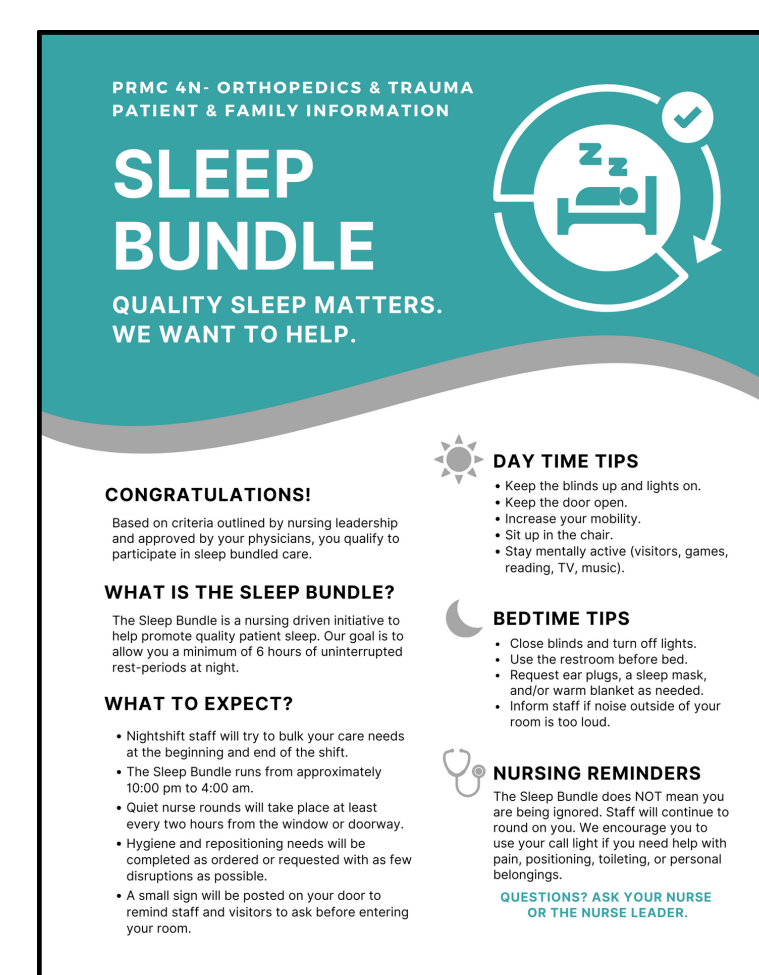
The nurse must review the form with a nurse leader to be co-signed. If the patient is deemed appropriate, educate the patient and/or family. Provide routine updates to provider(s).

DOCUMENT

Criteria should be reviewed every shift in which the sleep bundle is utilized. A shift note should be entered at the end of the shift outlining any pertinent care details, significant events, and education.

Tools & Resources

Initiation Form



Education Flyer

SmartText Template

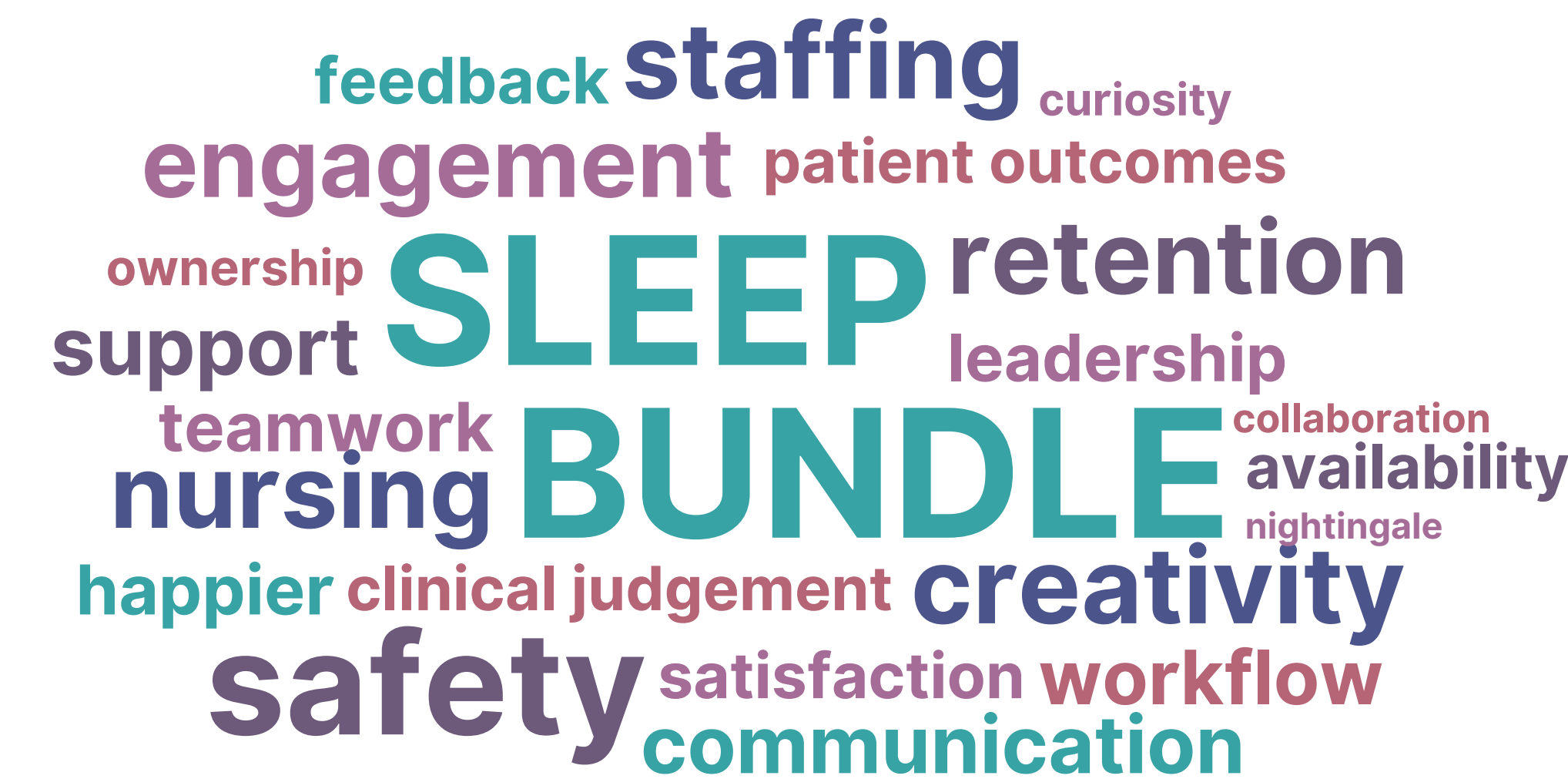


Unit Signage



Patient Materials

Considerations & Criteria



Inclusion Criteria

- ✓ Patient is medically stable and meets all 4 criteria:
 - Respiratory status at baseline
 - Sepsis Score = Low 0-4
 - Deterioration Index = Green/Low 0-37)
 - 18 years or older

OR

- ✓ Patient is medically cleared (waiting placement)

Exclusion Criteria

- ✗ Patient is medically unstable (based on 4 criteria)
- ✗ Transfer from ICU/Progressive care in past 24 hrs
- ✗ Post-op within 24 hrs of anesthesia end time
- ✗ Requires frequent monitoring d/t treatment(s), medication(s), condition(s):
 - CIWA/COWS
 - Stroke/ rule out stroke/ TIA
 - Restraints
 - Continuous IV fluids or continuous IV medications
 - PCA
 - Unmanaged sleep apnea or supplemental oxygen above baseline
 - Q4 hr straight cath orders
 - Significant skin concerns requiring wound care treatments outside of preventative measures.
 - On telemetry with new arrhythmia in past 24 hrs

If for any reason a patient no longer meets the inclusion criteria, they should be removed from the Sleep Bundle. A progress note should be entered in the patient's chart and a brief explanation should be added to the original initiation form.

Results

Staff Survey Feedback

- August 1, 2023 - August 31, 2023
- Total Staff Survey Responses = 33
 - Night Shift Responses = 18
- Impact on overall job satisfaction due to Sleep Bundle:
 - 70% greatly increased or increased satisfaction
 - 30% neutral/ no change
- Able to consistently take a break when caring for at least one patient on the Sleep Bundle:
 - 89% true (of night shift staff surveyed)
- Availability of other team members or nurse leaders to help when needed:
 - 55% greatly increased or increased availability
 - 45% neutral/ no change

Patient Survey Feedback

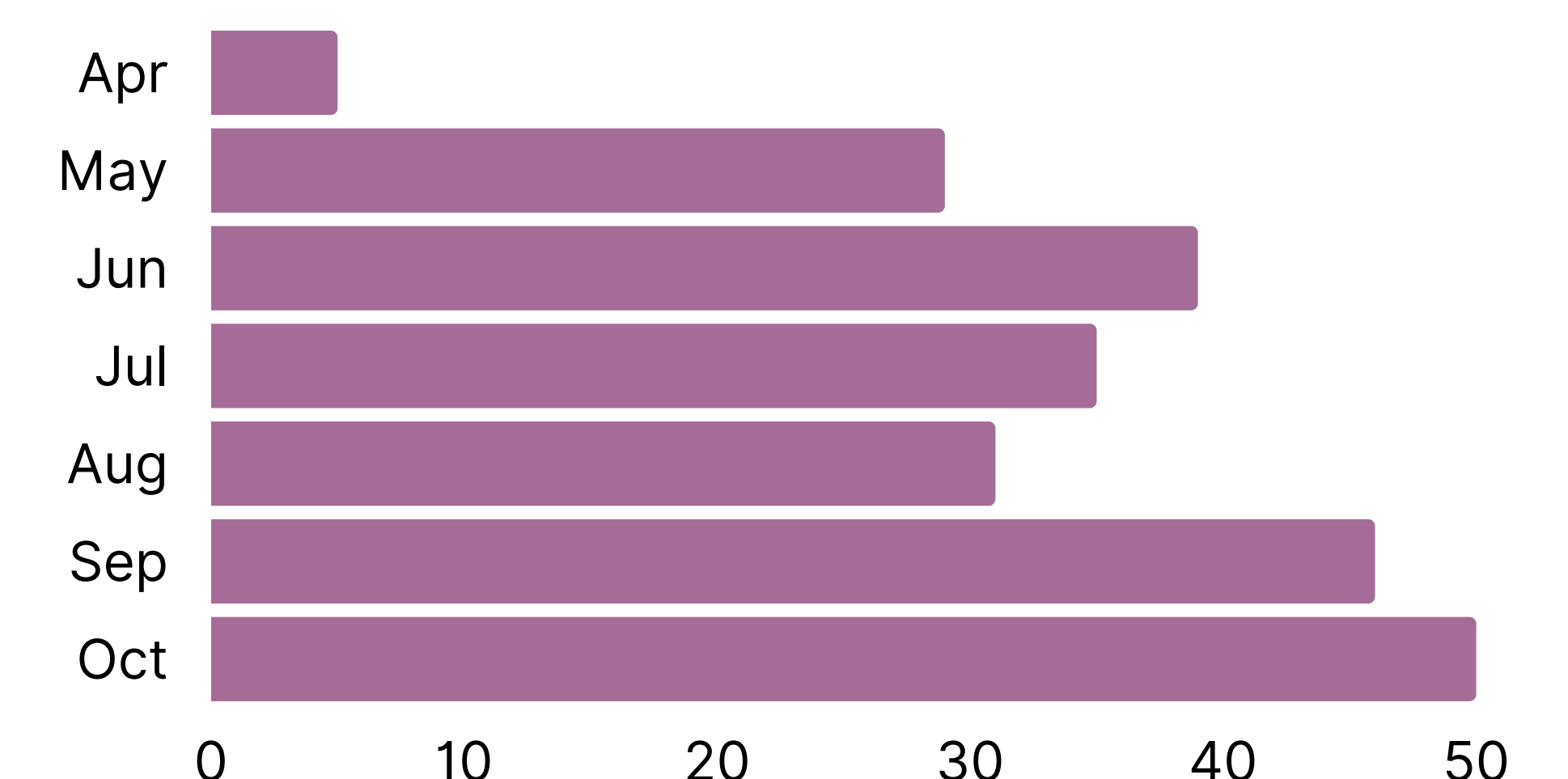
- As of September 18, 2023
- Total Patient Feedback Surveys = 88
- Likert scale 1 (very poor) to 5 (very good)
- Quality of sleep while in the hospital = 3.90
- Rest satisfaction during Sleep Bundle window = 4.17

SmartText Report

- Total Entries = 473
- Time on Sleep Bundle = 1-10 days

Patient Enrollments by Month

- As of October 31, 2023
- Total = 241 patients



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