

A Literature Review of Current Evidence for Promoting a Good Night's Sleep in the Hospital Environment

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Abstract

- The project looked at a current clinical issue brought about by discussions at the STHFT Evidence Based Council
- The Group examined the local anecdotal and organisational evidence within the Trust
- This project also details a literature search activity and makes recommendations for improving the patients sleep experience.

Literature Search

- A systematic literature search was performed of the major electronic databases including CINAHL, NHS Evidence, and Medline.
- Other internet based resources were accessed including patient information sites, charities and daily news sites.
- The identified citations were reviewed by members of a Trust-wide multi-disciplinary group – the Evidence Based Council.
- Data was extracted regarding the type of study, level of evidence and key interventions and ideas.

Background

- It is well established that sleep has a restorative effect on the human body, but in hospital there are a number of factors which prevent patients from sleeping.
- These can include: pain, anxiety, noise and care interventions.
- Problems with sleep have been reported in the National NHS Patients surveys and also at a local level via the STHFT Clinical Assurance Toolkit: a survey of both patients and staff within the Trust.

Findings So Far

- The searching exercise brought forward approximately 50 citations.
- These citations highlighted a number of areas that could not be changed such as existing patient conditions, marital status and established sleep patterns which would not change as an in-patient.
- Other interventions that could have a positive effect on promoting a good nights sleep emerged including: reducing patient stress, reorganisation of care practices and the use of measuring devices to identify the noise levels in certain clinical practices.
- The literature did highlight a lack of systematic evidence with many interventions based on anecdote.

Gathering Evidence

- Anecdotal evidence:
 - Subgroup brought together
 - Detailed practice within specific areas
 - The group took discussion points and questions back to their areas
 - Brought together all the points of good practice
- Trust wide evidence:
 - Developed a proforma
 - All in patient areas asked set questions to determine local routines and practices

What We Are Going To Do Next

- Membership of the group is to be widened to include interested and expert parties from around the Trust
- All practices related to in-patient sleep promotion will be shared
- Potential for future research, audit or service review activities
- This project has the backing of senior managers within the Trust and feedback of any findings will be part of the future action plan

