Overview

Project Question: The project question is how to treat sleep disturbances in the mental health community without the use of medications?

- ❖ Goal: promote the identification of sleep problems through implementation of staff education and a non-pharmacological treatment protocol.
- ❖ Use of the Insomnia Screening Index (ISI) to screen for sleep problems
- ❖ Use the Non-Pharmacological Education for Sleep (NPES) to provide education to patients
- ❖ Highlight importance of good sleep health and early screening and intervention
- ❖ Use national guidelines to standardize protocols

DNP Project Problem and Purpose Statement

- ❖ The purpose of this project is to promote the identification of sleep problems through implementation of staff education and a non-pharmacological treatment protocol.
- ❖ NPES is the educational guide created based on non-pharmacological treatment methods that will be distributed to patients for sleep problems by site staff during assessments based on a national guideline.
- ❖ Public health attempt to increase awareness and importance of good sleep health.
- ❖ Improve screening of sleep and early intervention of sleep problems in 4-weeks

DNP Project Objectives

1. Early identification of sleep problems faced by patients in the private practice mental health clinic by utilizing the ISI tool of 100% of initial evaluations within a 4-week timeframe
2. Mental health providers will provide education to patients on NPES for those that screen positive (score > 8 or more) on the ISI
3. Train clinical staff on how to administer NPES and ISI tool.
4. Implement NPES, then evaluate it by completing a chart review pre and post implementation looking for documentation of non-pharmacological sleep education and ISI administration.

Review of Literature

- ❖ Early Identification
- ❖ Importance of Sleep
- ❖ Obesity
- ❖ Non-Pharmacological Modalities
- ❖ Lack of public awareness

Assessment and Non-Pharmacological Treatment of Sleep in Adults in a Private Practice Mental Health Clinic

Jazmyne Bosley, MSN, PMHNP-BC
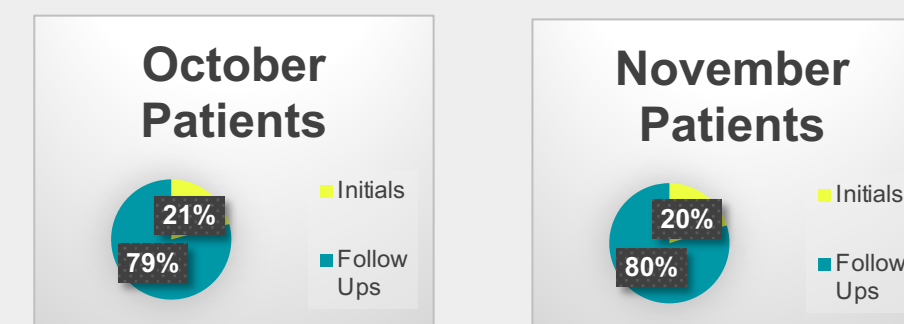## Touro University, Nevada

Implementation

- ❖ ISI screening education with clinical staff
- ❖ NPES education with clinical staff
- ❖ Staff meeting with NPES and ISI handouts
- ❖ Documentation in Office Ally database
- ❖ Go Live for nurses using the LAT with clients
- ❖ Continued support for clinical staff
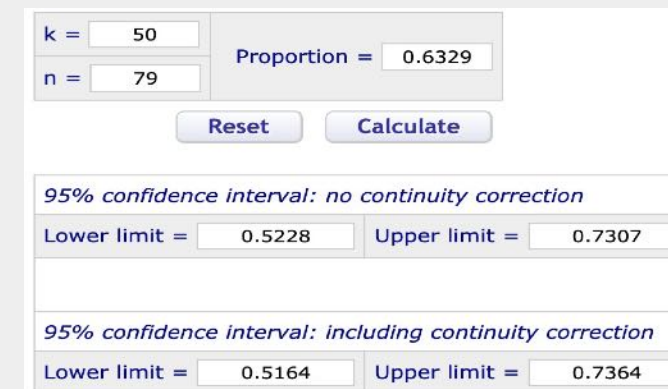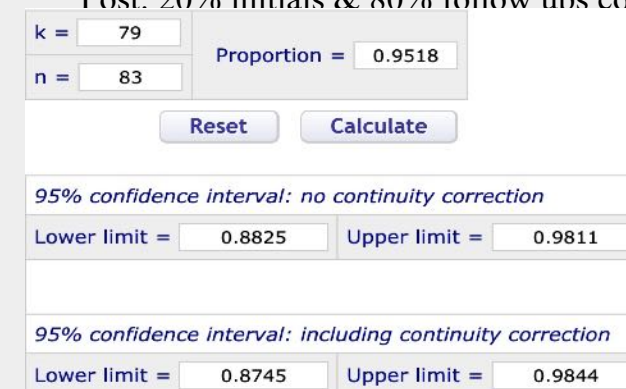- ❖ Alternate data collection methods created as a back up

Evaluation

NPES Data
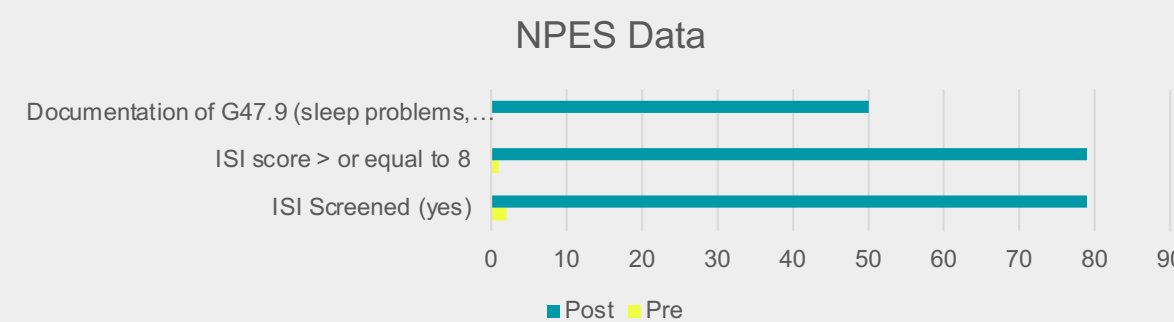
- ❖ Pre: 0 patients screened; Post: 79 patients screened

October Patients — 21% Initials, 79% Follow Ups

November Patients — 20% Initials, 80% Follow Ups

- ❖ Pre: 21% initials & 79% follow ups completed
  Post: 20% initials & 80% follow ups completed

- ❖ 83 patients seen for initial visits and 79 were screened for sleep problems.
- ❖ There is 95% confidence that the true proportion of patients screened for sleep problems is between 88.25% and 98.11%.
- ❖ 79 patients screened for sleep problems and 50 of those patients were diagnosed with G47.9, sleep problems, unspecified.
- ❖ There is 95% confidence that the true proportion of patients with sleep problems were given NPES is between 52.28% and 73.07%.

Project Design

- ❖ Experimental
- ❖ ISI/NPES education with clinical staff
- ❖ NPES used as non-pharmacological treatment modality for sleep
- ❖ Improved sleep problems outcome

Theoretical Model

- ❖ Lewin's Change Theory
- • Unfreezing-providing education to the staff on utilizing the ISI tool at the project site
- • Changing-providing the clinic staff with support as they implement the (ISI and provide patients with non-pharmacological treatment options for sleep insufficiency
- • Refreezing-standardize the screening of sleep problems and provide patients non-pharmacological treatment options in accordance with evidence-based practice guidelines.

Conclusion

- ❖ Evaluation of early identificationtion and treatment of sleep problems in relation to staff education
- ❖ Awareness, identification and education of sleep health

References

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