

Abstract

Insomnia, as a sleep disorder, affects the quality of life of individuals suffering from it. If left untreated, it could lead to cardiovascular and mental health issues. When sleeping habits are not disclosed to clinicians, insomnia can go undiagnosed. Insomnia should be treated as a distinct disorder and not as a symptom of a medical condition. The purpose of this DNP project is to enhance the assessment and non-pharmacological treatment of insomnia in adult patients to minimize the societal burden of insomnia. The aim is to improve provider compliance with the national standard of care for insomnia by empowering providers on the effective use of the insomnia severity index (ISI) and the importance of educating patients on evidence-based non-pharmacological treatment of insomnia, such as cognitive behavioral therapy (CBT-I).

Education was provided to the participants, and educational pamphlets were available for providers to educate patients. A protocol was developed to serve as a guide for the staff. Providers established a plan of care for patients who tested positive for insomnia, including a referral to a CBT-I therapist. A chart audit was carried out to assess providers' compliance. The data analysis showed weekly improvement in the provider's compliance with the screening protocol to meet national standards of care for insomnia in adults.

The results of this project demonstrated that with the educational seminar, providers better understood the importance of effectively utilizing the ISI tool to screen adults for insomnia and recommended evidence-based non-pharmacological treatment for patients diagnosed with insomnia to improve patient outcomes.

Keywords: cognitive behavioral therapy, education, insomnia, non-pharmacological treatments, protocol compliance