

Abstract

The project aimed to introduce a Sleep Hygiene Protocol in an in-patient psychiatric facility to promote improved sleep quality, quantity, and hygiene by reducing hospital stays and delirium. Poor sleep hygiene is a prevalent healthcare issue in mental health facilities characterized by constant sleep disturbance and sleep deprivation (Horne et al., 2018). According to Alanazi et al. (2023), poor sleep practices among mental health patients triple the rate of depression, anxiety, and mania depending on the mental health condition that specific patients are struggling with. Patients at in-patient psychiatric facilities are more likely to experience poor sleep quality due to unique factors such as the mental health medications, noise, lighting, and mental health conditions symptoms (Delaney et al., 2018). A sleep hygiene protocol was implemented at a mental health facility over 5 weeks period. The sample was drawn from healthcare workers, including the CNAs, LPNs, RNs, and physicians who deliver direct patient care at the in-patient psychiatric facility and the patients at the facility. Following the implementation of the project, the prevalence of delirium was found to have reduced even though there were reported incidences in this period. The mean number of days of hospitalization and the excess stay due to delirium reduced. Generally, the Sleep Hygiene Protocol in the psychiatric facility reduced delirium and hospital stays, emphasizing the need to integrate it into mental health nursing practice. These findings also suggest policy implications, prompting further research for protocol refinement and policy development that guide sleep hygiene guidelines in all in-patient psychiatric facilities in the country.

Keywords: Sleep hygiene, Delirium, Hospital stays, Sleep quality and quantity, inpatient psychiatric facility, Sleep Hygiene Protocol, Sleep disturbance, and Quality improvement.

References

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