Plan diagnostic testing and procedures around rest time

Call light easily accessible

Schedule bedside activities so interventions can be completed in one visit

Educate patient on plan so they know what and when to expect things

Provide “quiet time” between 2-4 pm and 2-4 am

Reduce environmental stimuli
For my first coop, I worked at Beth Israel Deaconess Medical Center as a Patient Care Technician on a colorectal surgical floor. Throughout my time there and as I continue to work per diem, the most common complaint among patients is that medical professionals are constantly barging into their room throughout the day and night whether the doctors making their morning rounds at 5 am, nurses coming in throughout the night to hang meds and do assessments, or other members of the healthcare team trying to do their part for the patient. No doubt all of these interventions and visits are essential for the patient’s wellbeing and health, but there is a healthier, more effective way to giving care rather than dictating to our own agendas. Too often have I seen healthcare providers forget the needs of their patients and selfishly go through their day checking off their “to do” list. We need to remember we are healers before anything else and that the patients’ needs are the most important. Healthcare is on the path for individualizing care because it yields the best results for the patients. We coordinate with the patients instead of telling them what to do. Not everyone has the same needs and priorities and therefore it is important to do this individualization. This needs to continue into maintaining health not just treating illness. According to the NIH, sleep deprivation affects decision making, problem solving, controlling your emotions and behavior, and coping with change and has been linked to depression, suicide, and risk-taking behavior. Why would we not want to promote rest and sleep with our patients if those are the consequences of them not sleeping?

I have previous talked about how nurses treat the mind, body, and soul. Therefore, promoting sleep is an essential part of the journey to health. One of the best nursing interventions for sleep promotion is clustering care. The nurse plays a central role in the patient’s care and has the power to organize and plan a patient’s day with other members of the healthcare team so that the patient has periods of rest throughout the day. Many healthcare professionals forget that the constant interruptions with the patient increase their stress and decreases rest. Creating a reminder for healthcare providers is a great way to redirect their attention to the needs of the patients. It is also a great reminder for those who take care of patients who may be sedated or comatose. These patients cannot advocate for themselves and are often the sickest patients in the hospital. By applying clustered care, these patients would be able to decrease stress and effectively rest.
This poster would be best hung around the hospital for all members of the healthcare team to see, not just nurses: By the elevator, in the cafeteria, at the nurses’ station, in the hallways. This also would add accountability because patients and patient’s families would know that clustering care should be applied. It would also be very beneficial for this to be sent out in a hospital wide email to further ensure that all healthcare workers received and understood the message regarding clustering care.

The layout of the poster maintains the values of healthcare communication: concise and simple. Hospital workers are constantly running around and don’t have time to read long paragraphs. The pictures are also included because it is attention grabbing and demonstrates what the words say. It is in a powerpoint format for layout purposes but would be printed as a poster.

This poster would be an important addition to my portfolio because it a practice that all healthcare providers should be instilling and reflects my passion for the issue.
References

