

Sleep hygiene measures for inpatients prescribed night sedation: a closed-loop audit in an old age psychiatry inpatient ward

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Aims

Compare use of night sedation in an old age inpatient ward with NICE guidance; specifically, whether sleep hygiene measures are discussed with patients receiving night sedation.

Background

Disturbed sleep is a common issue in the psychiatric inpatient setting. As per NICE guidance, hypnotics should only be considered after sleep hygiene measures have been introduced. In busy inpatient wards, sleep hygiene advice and non-pharmacological strategies to improve sleep may be overlooked in favour of night sedation. This is a concern for older people, amongst whom night sedation carries greater risk.

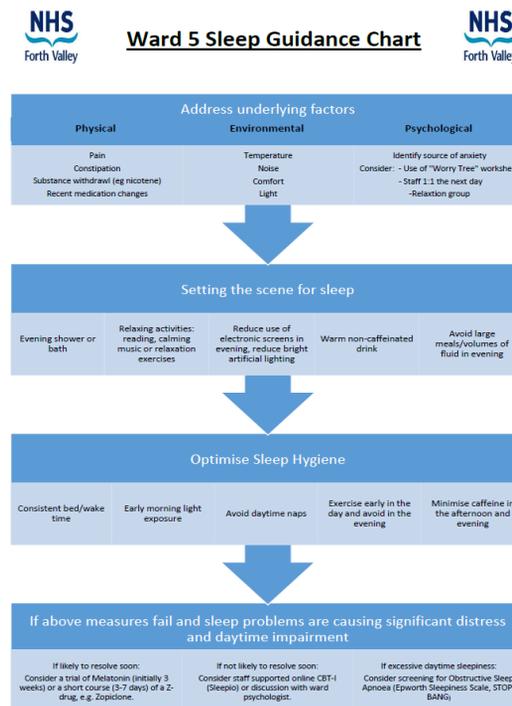
Methods

Project undertaken in 24-bed old age inpatient ward at Forth Valley Royal Hospital, a district general hospital in Larbert, Scotland. Data were collected over 4 weeks using electronic records to identify instances where night sedation was prescribed. Patient notes were reviewed to establish if there had been any documented discussion of sleep hygiene. Posters (Figure 1) were displayed to raise awareness of the ward's sleep protocol (Figure 2), new Sleep Kit (containing non-pharmacological sleep aids) and provide advice on CBTi and sleep hygiene. Staff were also contacted by email to raise awareness of the importance of discussing sleep hygiene and existence of the Sleep Kit. Re-audit was undertaken over a further 4 week period.

Figure 1: poster



Figure 2: ward sleep protocol



Results

Results are summarised in Table 1.

Sleep hygiene was discussed with 50% of inpatients prescribed sleeping tablets in our initial audit. Following interventions, sleep hygiene was discussed more frequently with patients but as more patients were prescribed sleeping tablets, the overall percentage of patients participating in discussion fell to 43%.

Table 1: audit and re-audit results

	Audit	Re-audit
Number of patients prescribed a sleeping tablet	4	7
Total number of sleeping tablets given <i>*average number of doses per patient</i>	49 <i>*12.5</i>	79 <i>*11.2</i>
Medication given		
zopiclone	34	61
promethazine	15	0
melatonin	0	18
Number of times sleep hygiene was discussed with a patient	2	8
Percentage of patients benefitting from sleep hygiene discussion	50%	43%

Conclusions

Sleep hygiene was discussed more frequently with patients following interventions but accordance with NICE guidance remained suboptimal. Creative work to improve inpatient sleep hygiene is ongoing.