

# Child & Adolescent Sleep Assessment & Management Protocol: A Quality Improvement Project

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## Background

Clinician confidence in sleep assessment and management was noted to vary widely within Ealing Child and Adolescent Mental Health Service (CAMHS). Following multidisciplinary team (MDT) discussion, clinicians agreed that the development of a standardised protocol would improve clinician confidence and quality of patient care.

## Aims

This project aimed to improve clinician confidence in child and adolescent sleep assessment and management by introducing a standardised protocol.

## Methods

A review of evidence-based practice was conducted, including The Maudsley Prescribing Guidelines<sup>1</sup> and National Institute for Health and Care Excellence Evidence Summary<sup>2</sup>. A stepwise protocol was devised for sleep assessment and management. The protocol was divided into non-medical and medical steps and presented in the form of a checklist.

Non-medical steps were those which could be undertaken by any MDT clinician:

- 1) Assess sleep quality and quantity;
- 2) Discuss potential causes of childhood insomnia;
- 3) Optimise sleep hygiene; and
- 4) Reassess sleep.

Medical steps were those which could only be undertaken by a medical doctor:

- 5) Consider melatonin for sleep onset insomnia;
- 6) Regularly review melatonin.

The protocol was distributed electronically with embedded resource documents to supplement each step (see figure 1).

## Outcomes

The protocol was presented to the local CAMHS clinicians. 100% of clinicians subsequently reported they felt more confident in assessing and managing sleep in this patient population. The standardised protocol was assimilated into local guidelines.

Figure 1: Ealing CAMHS Sleep Assessment Checklist

## Conclusion

This quality improvement project demonstrated that a standardised protocol can be used to improve clinician confidence in child and adolescent sleep assessment and management.

## References

1. The Maudsley Prescribing Guidelines in Psychiatry 13<sup>th</sup> ed. Taylor D, Barnes T, Young A (2018) Wiley Blackwell: UK.
2. NICE Evidence Summary: Sleep disorders in children and young people with attention deficit hyperactivity disorder: melatonin (2013)  
[www.nice.org.uk/guidance/esuom2](http://www.nice.org.uk/guidance/esuom2)