

ENHANCING RN KNOWLEDGE

Abstract

Sleep insufficiency in the intensive care unit is a common, but often neglected problem that can lead to a host of negative physiological and psychological outcomes. The purpose of this project was to educate nurses on sleep insufficiency, its outcomes, and sleep improvement interventions to increase utilization sleep promoting interventions. Through a literature review these interventions were categorized into three goals: to persevere the circadian rhythm, optimize sleep, and maintain sleep. Baseline nurse knowledge levels and frequency of use were collected through a survey through Qualtrics. Baseline levels of patient subjective quality of sleep were collected using the Richards-Campbell Sleep Questionnaire. The average nurse knowledge test scores, frequency of use, and patient subjective reports of sleep all improved. However, the results were not statistically significant. However, compliance in rate of implementation may have been affected by the various new protocols enacted due to the pandemic, decrease in staffing, and/or staff burnout.