

Professional Development

Learning Activity

Learning outcomes

- ▶ gain an understanding of the current knowledge of the physiology of sleep and its association with illness and healing
- ▶ consider steps to enhance patient sleep, including identifying poor sleep quality and advising patients on steps they can take to improve their sleep, and considering the institutional environment for sleep, therefore potentially improving health outcomes.

Reading the article '*Appeared to sleep well*': *How much sleep has your patient had and why does it matter?* and undertaking this learning activity is equivalent to **60 minutes** of professional development. This learning activity is relevant to the Nursing Council of New Zealand 16 competencies **1.4, 1.5, 2.1-2.4, 2.6, 2.8-2.9, 3.2, 4.1-4.3**.

Please discuss all your answers with your peer/s.

A Reading/watching

- 1 Watch the short YouTube clip by Claudia Aguire, 'What would happen if you didn't sleep' at www.youtube.com/watch?v=dqONk48l5vY.
- 2 Review the Australasian Sleep Association website for information for health professionals on sleep disorders, including those related to shiftwork. Visit www.sleep.org.au/professional-resources/health-professionals-information.

B Reflection

- 1 Reflect on how you ask patients about their sleep.
- 2 How is that information shared at nursing hand-over?

C Reality

- 1 Review the ward/unit/hospital guidelines on promoting a healthy sleep environment.
 - a. What information does your organisation and staff provide to patients to help them self-manage their sleep while they are in hospital?
 - b. Could this information be improved and how?
 - c. Do you know what services and referral pathways might be available for people in your region with a potential sleep disorder?
- 2 Identify a resident/client/patient in your service who you think might not sleep well. Obtain the required permissions to review the individual's nursing assessment and care plan.
 - a. What strategies are documented to aid this person's sleep?
- 3 Talk to one or two patients about their sleep quality, depth, latency, awakenings, and returning to sleep.
 - a. What was most disruptive and what did or would assist them to sleep better?
 - b. What is currently recorded in the patient's care plan? Update this if necessary.

Verification by a colleague of your completion of this activity

Colleague name	Designation	Date
Nursing council ID	Work address	Contact #