

### SLEEPING WELL IN PSYCHOGERIATRIC RESIDENTIAL CARE BY APPLICATION OF THE SLEEPING PROTOCOL ‘NIGHT&REST’

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#### INTRODUCTION

In long-term elderly care, sleeping problems regularly occur in nursing home residents due to disturbed sleep patterns leading to poor sleep quality.

Three elderly care organisations in the Netherlands developed a sleeping protocol called ‘Night&Rest’. The protocol consists of a website and App, providing care professionals with tools to identify sleeping problems of residents with dementia and to select suitable interventions to treat this problems.

#### AIM

The aim of this pilot study was to examine

- 1) effects of Night&Rest on the number of bedexits and moments of nocturnal restlessness
- 2) experiences of professionals with the application of Night&Rest.

#### METHOD

A **Single-Case Experimental Design (SCED)** with a pre- and post-measurement was used. Psychogeriatric nursing home residents were included divided over three care organizations.

Registration forms were used to gather data on residents’ characteristics, type of sleeping problem, frequency of nocturnal restlessness and bed exits. Professionals involved (treatment and/or care staff) were asked to complete these forms for each participating resident for five nights prior to the deployment of Night&Rest and five nights after application of the intervention(s).

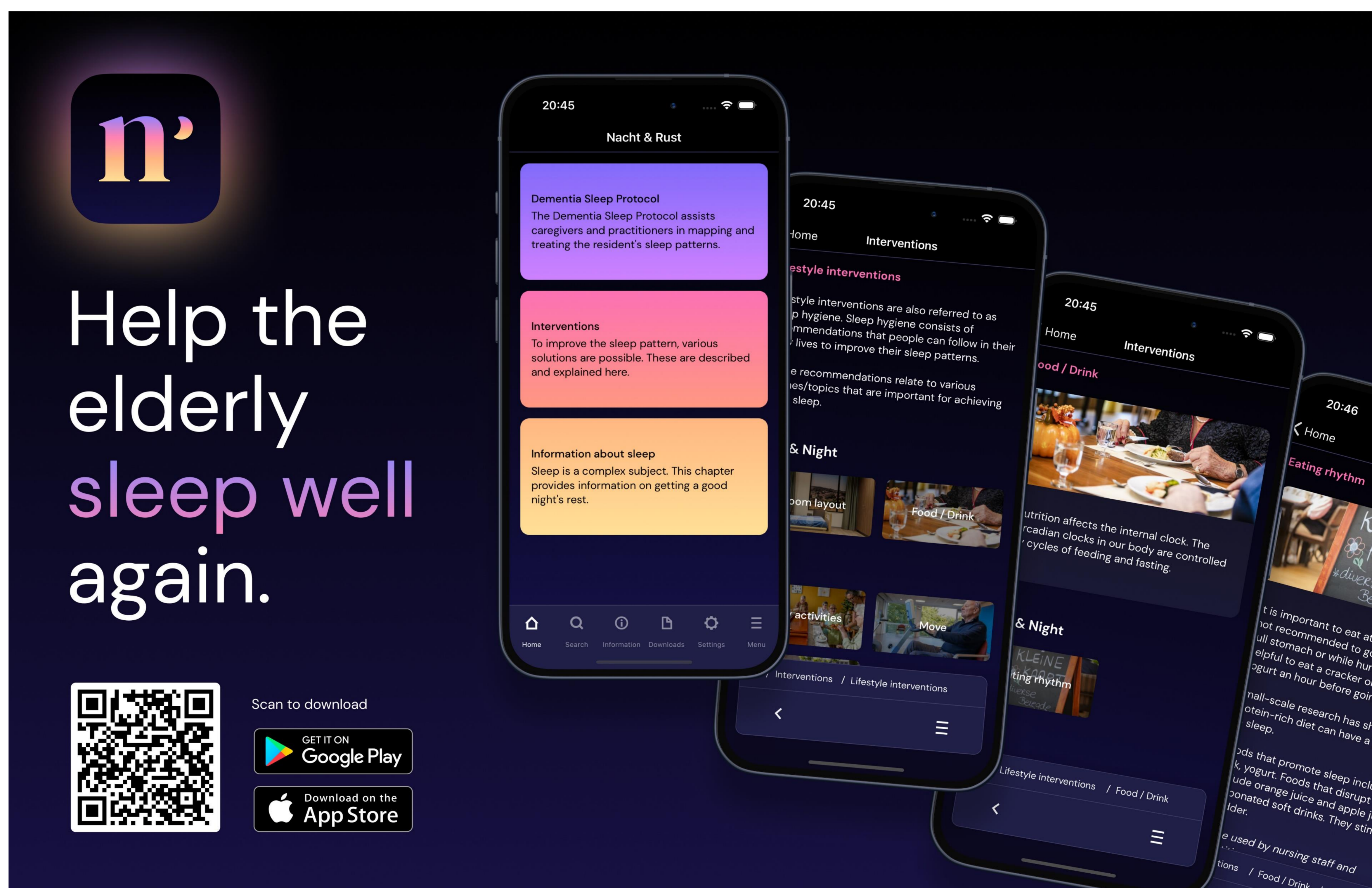
Semi-structured duo interviews were conducted afterwards with two healthcare professionals involved per resident. Data from registration forms were analyzed descriptively. Transcripts of the interviews were analyzed using content analysis.

#### RESULTS

A total of 17 residents were included in the study of whom 15 were identified with a sleeping problem according to the protocol. A reduction of moments of restlessness was found in 10 of 15 residents, and a the number of bed exits decreased among half of the residents (average decrease from 3 to 1,7).

Results of the duo-interviews indicated predominantly positive experiences with Night&Rest. Professionals perceived the App as user-friendly. The structured step-by-step guidance and accompanying tools were of great added value according to the professionals.

Furthermore, the App led to improved knowledge and insights into normal sleeping and influencing factors, and contributed to multidisciplinary cooperation.



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#### CONCLUSIONS

The results of this study showed mostly positive experiences with the use of Night&Rest and positive indications of effects on both residents and care professionals. Large-scale follow-up research into the long-term effects is recommended.

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