



Sleep and Responsive Behaviours Action Plan		Date:	
	<input type="checkbox"/> Choose a starting point: AUA project to begin with <input type="checkbox"/> Unit _____ <input type="checkbox"/> Floor _____ <input type="checkbox"/> Entire facility	Next Steps: who will do what, by when?	
	<input type="checkbox"/> Assemble a change team:		
	Roles to consider for team:		Names that come to mind:
	Manager/DOC		
	Prescriber/Pharmacist		
	Nursing		
	HCA		
	Allied Health/Programming Staff		
Educator/RAI coordinator			
Family Member			
<input type="checkbox"/> Team members identified <input type="checkbox"/> Agreed to participate <input type="checkbox"/> Introduced to staff			
	<input type="checkbox"/> Send letter to families, physicians, staff and pharmacists	Next Steps: who will do what, by when?	
	<input type="checkbox"/> Share e-mail resources of your choice with prescribers and pharmacists: <ul style="list-style-type: none"> <input type="checkbox"/> Choosing Wisely press release <input type="checkbox"/> Rx Files: Insomnia in Older Adults Q and A <input type="checkbox"/> Quetiapine therapeutics letter 		
	Share resources with staff:		
	<input type="checkbox"/> PowerPoint slides at a staff meeting, on a poster or read and sign.		
	<input type="checkbox"/> Discuss at staff meeting or in informal huddles: is night sleep an issue in your facility? Is it isolated to specific residents? Is it a unit-wide issue?		
	<input type="checkbox"/> Ask pharmacist, RAI coordinator or pharmacy to identify how many residents are on hs sedation. Share current numbers with staff.		
	<input type="checkbox"/> Invite pharmacist or prescriber to provide brief in-services on the limitations and hazards of hs sedation		
	Share resources with families:		
	<input type="checkbox"/> Choosing Wisely brochure for families		
	<input type="checkbox"/> Dementia Summary of Evidence (Recommendations for family members)		
	<input type="checkbox"/> Host a family/resident council meeting to share PowerPoint		
	Quality Improvement Board:		
<input type="checkbox"/> Update with sleep resources			

<p>Create Desire For Change</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Consult staff regarding priorities for change, using the tool: <i>Strategies to Support Sleep</i> <input type="checkbox"/> Involve/collaborate with staff to address priorities for change <input type="checkbox"/> Informal huddles with staff from all shifts: Discuss – “What’s waking people up in our facility? What would improve sleep?” <input type="checkbox"/> Read and sign: articles on sleep initiatives 	<p>Next Steps: who will do what, by when?</p>
<p>Develop Knowledge & Ability</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Share PowerPoint slides about resident level and unit level interventions to improve sleep (staff meeting, inservice, poster, read and sign...) <input type="checkbox"/> Share a new article or resource on sleep each week/month (read and sign, 10 minute huddle at shift change) <input type="checkbox"/> Update QI board monthly with new resources 	<p>Next Steps: who will do what, by when?</p>
<p>Reinforce Change</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Address antipsychotics used for sleep in new admissions <input type="checkbox"/> Continue to review antipsychotic use monthly <input type="checkbox"/> Review hs sedation on admission and during quarterly med reviews. <input type="checkbox"/> Adopt a facility or organization sleep guideline <input type="checkbox"/> Ask DOC, Organization QI lead or RAI lead to provide a baseline for your facility/unit re QI Measures/Indicators such as Aggressive Behaviour, Restraints, Falls, Worsened Pressure Ulcer, Index of Social Engagement, Worsened Depressive Mood, Worsened Physical Functioning, Improved Physical functioning, Pain. Identify, as a unit, measures you’d like to improve on. Monitor for improvement – report any trends back to staff. <input type="checkbox"/> Include AUA and sleep resources in new hire orientation: e.g. sleep resources in binder used for staff education 	<p>Next Steps: who will do what, by when?</p>
<p>Spread</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Share success stories and resources with other floors/wings or neighbourhoods. 	<p>Next Steps: who will do what, by when?</p>