

| Date:                           | Support of Sleep Quality Improvement Project   | Next Steps  |              |
|---------------------------------|--|---|--------------|
| <b>Get Started</b>              | <b>Decide on a starting point:</b> <input type="checkbox"/> Unit _____ <input type="checkbox"/> Entire site  |   |              |
|                                 | <b>Quality Improvement (QI) Team: roles to consider</b>  |   | <b>Names</b> |
|                                 | Unit/Dept manager  |   |              |
|                                 | Prescriber/Pharmacist  |   |              |
|                                 | Nursing/Case manager (RN, RPN, LPN)  |   |              |
|                                 | Health Care Aide   |   |              |
|                                 | Educator   |   |              |
|                                 | Other: PT/OT, transition services, dietary, security   |   |              |
| <b>Build Awareness</b>          | QI team members participated in/reviewed one of:<br><input type="checkbox"/> Sleep in dementia workshop or video conference<br><input type="checkbox"/> Webinar <input type="checkbox"/> PPT with notes  | <b>Build curiosity:</b> Put pictures of sheep around unit: start with a few, gradually add more, invite to a staff meeting to find out reason for sheep |              |
|                                 | <b>Sleep QI Staff Meeting #1:</b><br><input type="checkbox"/> Show all or selected slides from the PPT for the Sleep presentation<br><input type="checkbox"/> Is sleep at night an issue for specific patients or unit-wide? Share the document Strategies to Support Sleep. Invite staff to choose priorities that would most improve sleep in your facility/unit. Compile and post results for the QI board/next staff meeting.<br><input type="checkbox"/> Introduce the Quality Improvement Team and QI board (updates, articles, education resources)<br><br><input type="checkbox"/> <b>Post selected resources on the QI board. Refresh resources regularly</b>   |   |              |
| <b>Create Desire for Change</b> | <b>Inform and consult with physicians/prescribers:</b><br><input type="checkbox"/> Informally share staff perspectives on what is interfering with sleep; introduce intentions to support sleep with non-pharmacologic strategies<br><input type="checkbox"/> Consult with physicians e.g. strategies to reduce sleep interruptions for blood work, vital signs on stable patients, medication administration; strategies to reduce new and existing hs sedation orders<br><input type="checkbox"/> Share letter for physicians, or ask medical director to fan out; share Choosing Wisely Canada resource for Patients and Families: Insomnia and Anxiety in Older People<br><input type="checkbox"/> Refer physicians to clinical resources on QI board, or include as attachments with letter<br><br><input type="checkbox"/> <b>Update and refresh resources and success stories on QI board</b> |   |              |

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| Create Desire for Change    | <p><b>Sleep QI staff meeting #2:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Mini audit: # of patients who received hs sedation last night (e.g. ask outgoing night staff)</li> <li><input type="checkbox"/> Invite pharmacist or prescriber to provide in-services on limitations/hazards of hs sedation</li> <li><input type="checkbox"/> Share results: unit priorities identified by staff from Strategies to Support Sleep</li> <li><input type="checkbox"/> Set up a small number (1-4) of working groups to try small-scale test cycles before next meeting</li> <li><input type="checkbox"/> Meet informally with working groups to discuss how the test went, and determine next steps</li> </ul>  |  |
| Develop Knowledge & Ability | <p><input type="checkbox"/> <b>Update and refresh clinical resources and success stories on QI board</b></p> <p><b>Staff education</b> e.g.:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Review Sleep PowerPoint with notes or webinar OR attend Sleep video conference</li> <li><input type="checkbox"/> Review sleep related articles/studies and sign</li> </ul> <p><b>Sleep QI staff meeting #3</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hear from a spokesperson for each working group: successes, challenges, next steps</li> <li><input type="checkbox"/> Person-centred sleep strategies: Invite staff to identify 1-2 patients who have the most difficulty sleeping at night. Determine who would like to work with pharmacy and prescriber to: <ul style="list-style-type: none"> <li><input type="checkbox"/> Review patient medications e.g. using <a href="#">Pharmacologic Restraint Management worksheet</a></li> <li><input type="checkbox"/> Work with families and staff to determine person-centred strategies to improve sleep at night (e.g. routines, likes/dislikes). Share with families <a href="#">Insomnia and anxiety in older people</a></li> <li><input type="checkbox"/> Use the Modified Dementia Observation System or Behaviour Mapping chart to track patterns of sleep, rest and calm as well as agitation or responsive behaviours</li> </ul> </li> </ul> |  |
| Reinforce the Change        | <ul style="list-style-type: none"> <li><input type="checkbox"/> Integrate person-centred sleep routines into care planning on admission</li> <li><input type="checkbox"/> Integrate medication review/de-prescribing on admission to decrease medications interfering with sleep (the same types of medications also cause falls and contribute to responsive behaviours)</li> <li><input type="checkbox"/> Consider developing a sleep guideline for your unit and include in new staff orientation</li> <li><input type="checkbox"/> Initiate behavior mapping, medication review and person-centred strategies for patients with insomnia/night waking</li> <li><input type="checkbox"/> Include sleep in shift to shift reports (e.g. slept poorly last night, allow to sleep late this morning)</li> <li><input type="checkbox"/> Continue to share outcomes on QI board and in meetings e.g. impact of improved sleep on patient quality of life, falls, length of stay, antipsychotic use</li> <li><input type="checkbox"/> Site level reporting on unit initiatives around sleep (e.g. manager meetings)</li> </ul>   |  |