

...”and to all a good night”: Advancing sleep health as an essential vital sign!

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Faculty disclosure

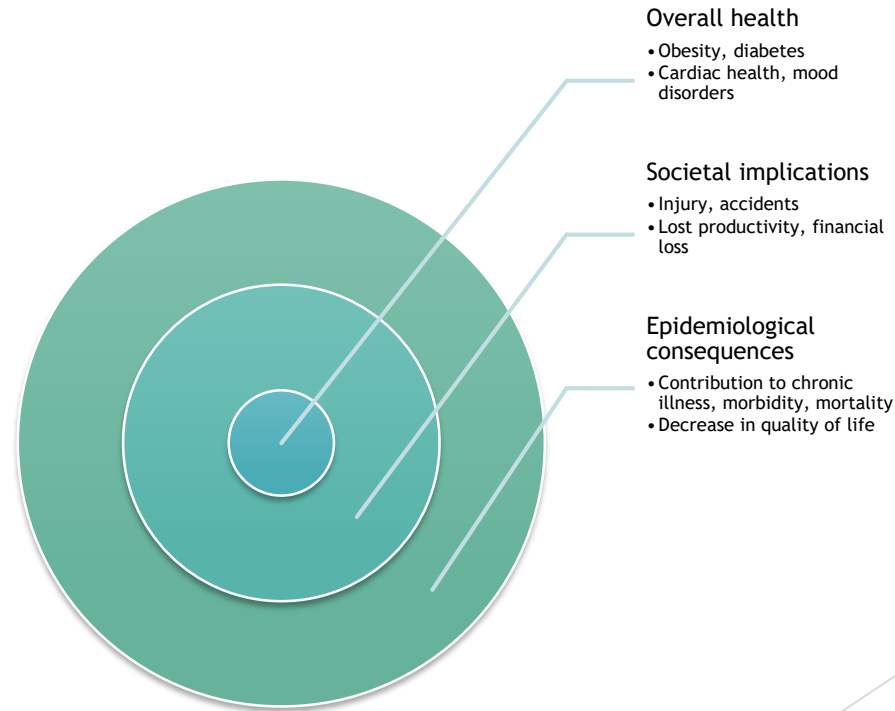
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- ▶ Conflict of Interest: None
- ▶ Employer: Delaware Sleep Disorder Centers, LLC/Wesley College
- ▶ Sponsorship: None
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- ▶ Conflict of Interest: None
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- ▶ Sponsorship: None

Goals and objectives

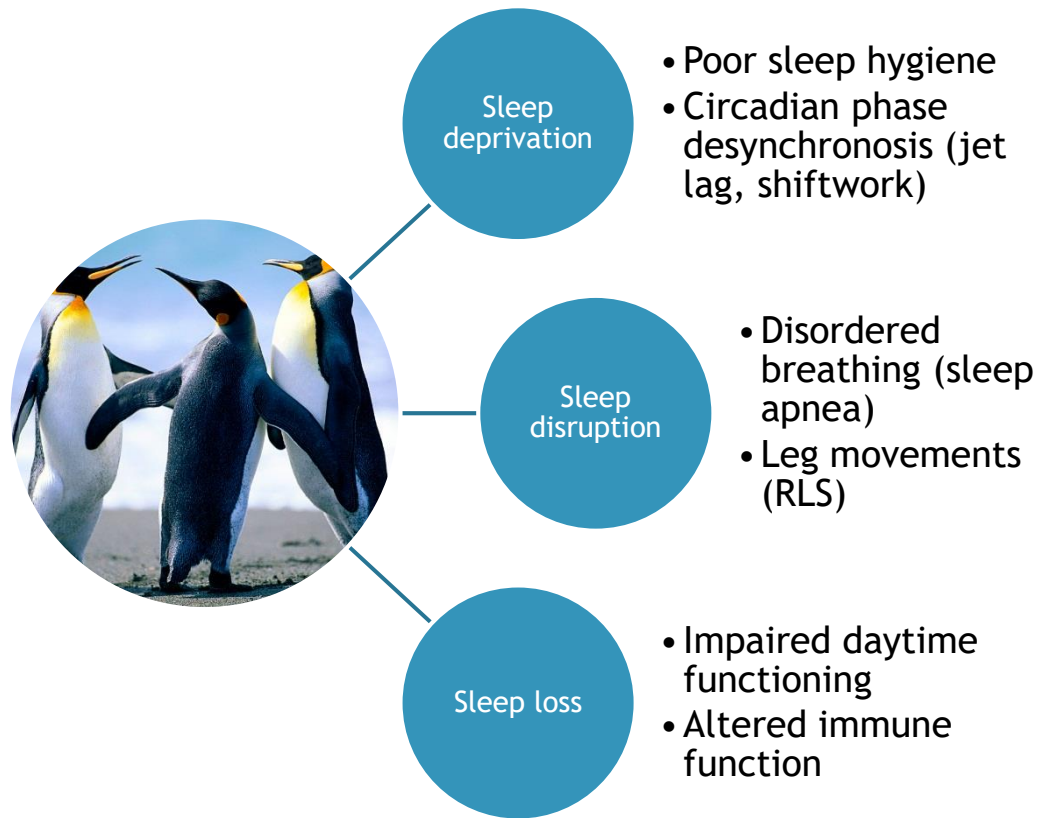
- ▶ Session Goal: To encourage the learner to consider the assessment of sleep health as the sixth vital sign
- ▶ Session Objectives:
 - ▶ To explore the consideration of sleep as an essential vital sign
 - ▶ To encourage the inclusion of sleep disorders and the role of the nurse in healthy sleep promotion in all nursing education curricula

Demographics/consequences of poor sleep performance

- ▶ 50-70 million adults affected
- ▶ 25% of children/adolescents affected
- ▶ Documented association between sleep loss and overall health



Concept of impaired sleep



Sleep Assessment: 6th vital sign

- ▶ **Sleep history (following physical assessment, medical & psychiatric history)**
 - ▶ Quantitative and subjective characteristics of sleep & sleep disturbances
 - ▶ Sleep diary, use of sleep psychometric testing, medication history, sleep hygiene patterns
 - ▶ Use of “BEARS” (2015) sleep assessment process:
 - ▶ Bedtime problems
 - ▶ Excessive daytime sleepiness
 - ▶ Awakenings during the night
 - ▶ Regularity of sleep and duration
 - ▶ Sleep-disordered breathing

Redeker, McEnany (2015) Sleep disorders & sleep promotion in nursing practice. New York: Springer Publishing Company.

Role of the nurse in sleep health

- ▶ From sleep science to sleep nursing practice:
 - ▶ Advancement of evidence-based approaches
 - ▶ Trends in public health to address sleep disorders and the inextricable link to major health problems
 - ▶ Improvement of cost and effectiveness of sleep treatments both in the clinic/office setting and in the home
 - ▶ Need for nurses and other health providers to be educated in sleep, sleep disorders, and treatment of sleep disorders

Major challenge

- ▶ Nurse Educators:

Inclusion of sleep content and learning experiences in nursing curricula!!

FACT: Over 70 % of nurses employed in clinical practice and/or education prepared at the baccalaureate or master's level (n=539) received less than 5 hours of sleep education in their entire program of nursing. (McEnany, et al., 2010)

Why the time is now

- ▶ Both the National Institutes of Health (NIH) in their statement on management of chronic insomnia (2005) and the Institute of Medicine (IOM) in their publication *Sleep disorders & sleep deprivation: an unmet public health problem (2006)* identified sleep education of health professionals as a major priority
- ▶ Incorporation of sleep promotion into primary care will lead to more cost effective care and improvement of patient outcomes.
- ▶ Innovation and opportunity exists for sleep education integration in basic programs and the specialty of sleep in graduate programs
- ▶ Academic and clinical partnerships between sleep clinics/treatment centers and academic institutions create the potential for knowledge growth and research opportunities in sleep care

How would the curriculum look?

▶ Undergraduate example (AD, BSN)

- ▶ Normal sleep across the lifespan
- ▶ Review of neuroanatomy
- ▶ Content co-morbidities
- ▶ Sleep assessment
- ▶ Principles of sleep hygiene
- ▶ Major sleep disorders
- ▶ Sleep deprivation & overall health
- ▶ Pharmacology of sleep
- ▶ Safety & sleep

▶ Graduate example (MSN,DNP)

- ▶ Advanced sleep assessment
- ▶ Psychometrics and sleep (Epworth scale, Pittsburgh Index)
- ▶ Risk factors & prescribed treatments
- ▶ Community education & sleep
- ▶ Interpretation of polysomnography
- ▶ Family teaching for sleep promotion
- ▶ Use of cognitive behavioral therapy

Conclusions

- ▶ Research evidence indicates the undeniable link between sleep and overall health
- ▶ A complete health assessment should always include a sleep assessment as the essential 6th vital sign
- ▶ Sleep education must be included in the nursing education curricula in programs across the world
- ▶ The role of the nurse in sleep health follows the recommendations of NIH and IOM in their published materials

References

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- ▶ McEnany, et al. (2010) Evaluation of a large scale international online course for nurses on sleep and chronobiology. In review
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- ▶ Redeker, McEnany (2015) Sleep disorders and sleep promotion in nursing practice. New York: Springer Publishing Compan.

Thank you for your attention

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Questions

