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Abstract

This study determined the sleep pattern disturbances among hospitalized adult patients. The study used a questionnaire based from the items in the Richard-Campbell Sleep Questionnaire and the Subjective Sleep Quality Scale questionnaire. Respondents were delimited to those admitted to at least 72 hours. Weighted mean was used in the statistical treatment of the data.

The study disclosed that the respondents often experienced sleep disturbance. Also, hospitalized adult patients are sometimes affected by the extrinsic and intrinsic factors. Sleep promoting activities on the other hand are effectively employed by nurses in the wards. Conclusions drawn from the study illustrate that desired need for sleep is not achieved. Secondly, extrinsic factors are greater deterrents than intrinsic factors. Thirdly, routine activities employed by nurses help enhance patient's sleep. Lastly, sleep promoting measures for hospitalized patients has been proposed.

From these findings, sleep promoting measures in the Information Education Communication Material is therefore recommended to enhance sleep and rest among hospitalized adult clients. The IEC material will be presented and disseminated to nurses, watchers and significant others for adoption and implementation in hospitals. Hospital agencies may provide standardized sleep promoting measures and design a hospital program which will emphasize sleep promotion of patients. It is also recommended that a multidisciplinary sound quality committee be established which is composed of different health care personnel who will encourage accountability to keeping less noise in the area. In addition, regular evaluation of client sleep and participation of nurses in seminars and trainings may also be done to enhance knowledge and skills in the conduct of nursing activities.