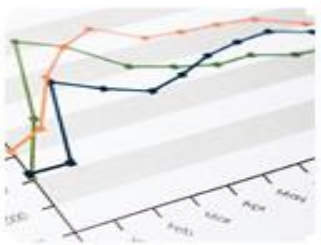
OkDCN Oklahoma Dementia Care Network

Quality Sleep



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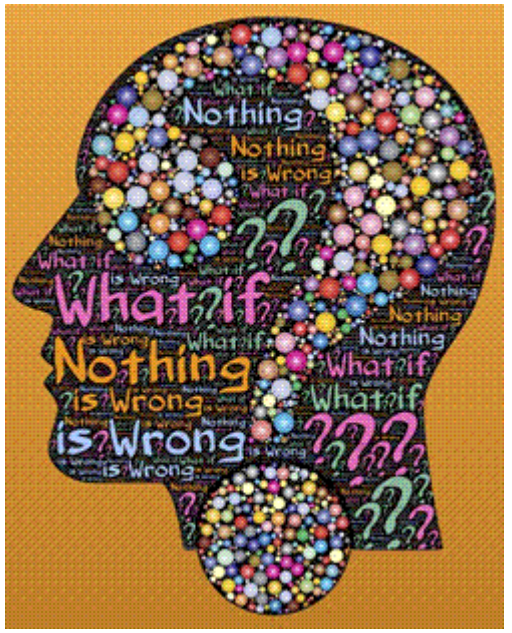
Sleep can impact a resident's functional status and quality of life.

Common Sleep Disturbances

- Insomnia
- Obstructive Sleep Apnea
- Restless Leg Syndrome
- Scandium Rhythm
- Management of pain

- Inactivity
- Social Withdrawal
- Depression
- Decline in ADLs
- Pressure Ulcers
- Weight loss



Quality Sleep

Manifestations of poor sleep quality

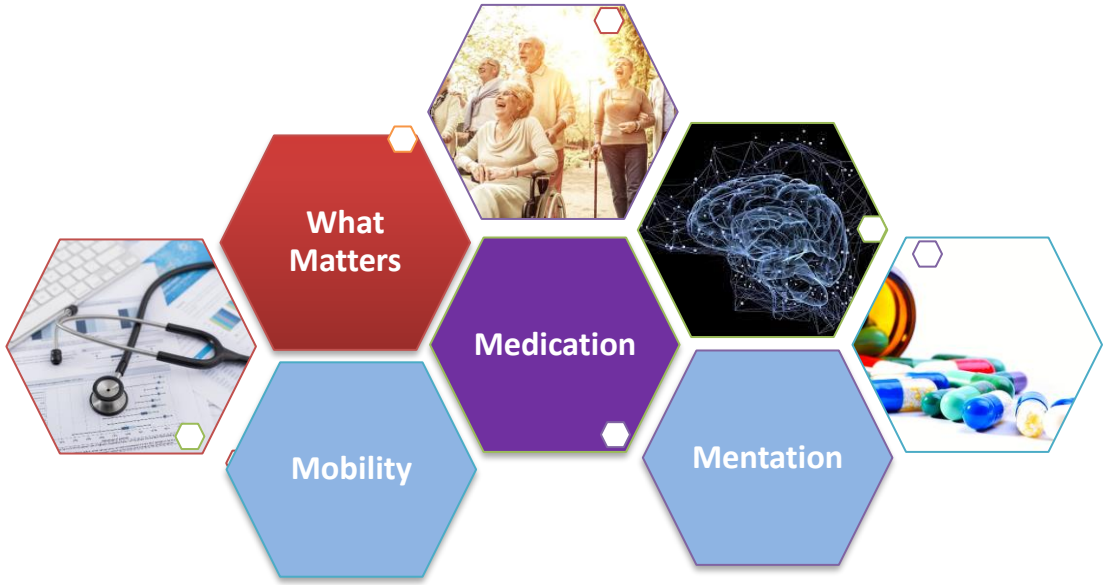
- Excessive Sleepiness during the day
- Comfort
- Life Event
- Increased Cognitive Decline (Confusion)
- Psychosocial issues

Interventions

- Cognitive Behavioral Therapy
- Newer Meds suppress wake drive
- Pain Management

Use of Tools

- Comprehensive Assessment Tool
- History
- Diagnostic Testing
- Staff and Family



Sleep encompasses all 4 M's of Age-Friendly care

- What Matters
- Medication
- Mentation (Mind & Mood)
- Mobility

Common Causes of Unhealthy Sleep in Older Adults

- Underlying Medical Issues
    - Heart and lung conditions
    - Gastro reflux (heartburn)
    - Painful conditions (osteoarthritis)
    - Urge to Urinate at night (enlarged prostrate or overactive bladder)
    - Depression or Anxiety
    - Cognition (Dementia)
    - Medication Side-Effects
- Sleep Apnea -53%
- Restless Leg Syndrome- 15%
- Periodic Limb Movements – 45%
- Cramping
- Insomnia- 24%

Poor Sleep can lead to:

- ❑ Falls
- ❑ Depression
- ❑ Effect on Function- ADLs
- ❑ Behaviors effecting others

QUALITY SLEEP EQUATES TO GOOD QUALITY MEASURES OVERALL

Interview:

- ❑ Bed-time Routine
- ❑ Noise
- ❑ Lighting
- ❑ Screen Stimulation
- ❑ Reduction of Anxiety methods
- ❑ Condition Evaluation

Interventions for your PIP

- Cognitive-behavioral therapy – on-line programs SHUTi or Somryst
- Brief behavioral treatment of insomnia (decrease urination)
- Mindfulness meditation
- Exercise
- Routine and Temperature
- Less Wake/Disturbance at night
- Less Risk Medications
    - Melatonin
    - Ramelteon
    - Trazodone
    - Magnesium

Story Board

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- Can Quality Sleep be improved for your residents?

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