Implementation of a Quiet Time Protocol on a Post-Surgical Spine Unit

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BACKGROUND

- Rest is essential for healing the body, especially after spine surgery.
- While in the hospital, the patient's sleep is interrupted by noise and staff coming in and out of the room throughout the day and night.
- Sleep disturbances can negatively affect the patient, including a more extended stay in the hospital, increased delirium, and increased pain (Su & Wang, 2018).

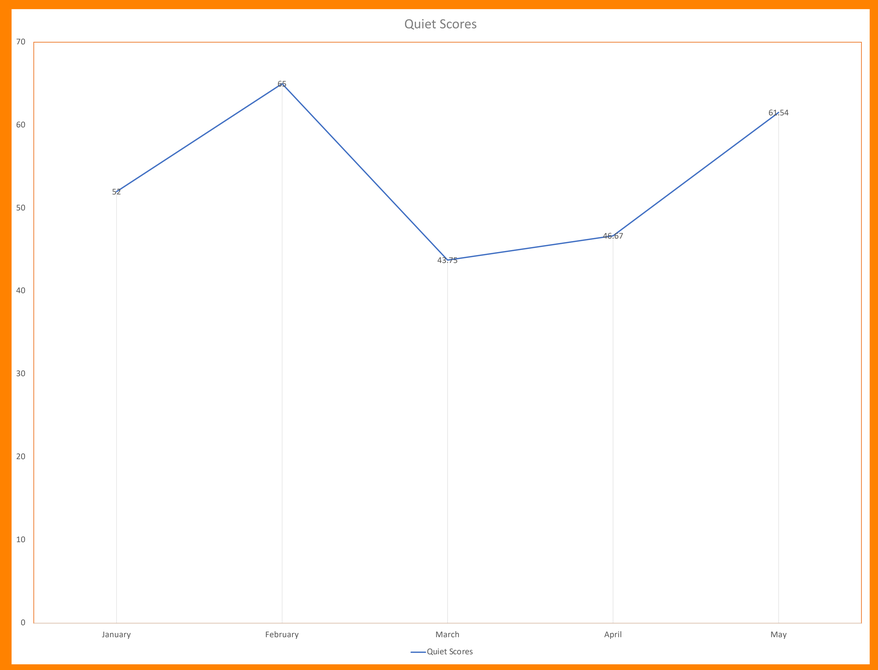
LOCAL PROBLEM

- The quiet score on the 23-bed adult surgical spine unit is 52%, which is lower than the national average of 62.0% (CMS, 2023).
- The purpose of this evidence-based practice project is to improve patient HCAHPS scores with the implementation of a quiet time protocol.
- The specific aim of this project is to increase the unit's HCAHPS quiet scores after implementation.

METHODS

- The Evidence-based Practice Improvement Model (EBPI) is valuable in helping achieve quality improvement goals and was used as the framework for this project.
- Pre- and post-implementation data of Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) scores were collected to evaluate the effectiveness of a quiet time protocol on quiet scores in the spine unit after three months.

The implementation of a quiet time protocol on a post-surgical spine unit showed clinically significant improvement in Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) quiet scores.



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INTERVENTIONS

- A quiet time protocol was implemented on patients that fit the stakeholder's criteria.
- The protocol involved fewer interruptions throughout the night, reducing environmental stimuli, and keeping voices and noises low.

RESULTS

- The quiet time protocol was implemented on 37% of patients seen for spine surgery.
- Quiet HCAHPS scores increased by 10% following implementation, improving to 61.54%.
- Although not statistically significant, the improvement in scores shows clinical significance.

CONCLUSIONS

- The use of a quiet time protocol on a post-surgical spine unit resulted in an improvement of the unit's quiet HCAHPS scores.
- A quiet-time protocol is easily sustainable with the involvement of clinical staff and stakeholders.
- Minimizing interruptions during a patient's hospital stay is crucial.

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