

**COLORADO NURSING HOME INNOVATIONS GRANT PROGRAM**  
**Restorative Sleep Vitality Program Pilot**  
**Final Report FY 2017-2018**  
**Summary of Findings**

**Date** September, 2017

**Agency** VIVAGE Senior Living

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**Board Liaison** Jo Tansey                      **Phone** 303-692-2863

**Final Summary of Results:**

***Rowan Community Inc.\_Behavioral Health Community:***

Started with 12 consents: 2 participants did not want to use actiwatch from the beginning, 5 participants in full study, by end of study 3 participants discharged, and 2 withdrew because they were satisfied with outcomes, and did not wish to continue to wear the actiwatch.

No indicators, of falls, pain, ulcers, behaviors or hypnotics used with all who consented. All benefited from environmental changes.

***Clear Creek Care Center\_Long Term Care:***

Started with 9 consents: 3 participants did not want to use actiwatch from beginning, 3 participants in full study, 2 participants discharged and 1 withdrew because they were satisfied with outcomes, and did not wish to continue to wear the actiwatch.

No indicators, of falls, pain, ulcers, behaviors or hypnotics used with all who consented. All benefited from environmental changes.

***Summit Rehabilitation and Care Community\_Dementia Care:***

Started with 10 consents, 5 participants did not want to use actiwatch from beginning, 3 participants in full study, 1 participant passed, and 1 withdrew because they kept giving the actiwatch away to female residents as a gift.

No indicators, of falls, pain, ulcers, behaviors or hypnotics used with all who consented. All benefited from environmental changes.

***Statement from Vivage Medical Director, Dr. Gregory Gahm:***

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- SNF's need to work on removing institutional lighting and installing lighting that is more home like.
- Noise monitoring should be done regularly with education on Noise Pollution Control.
- Anyone struggling with sleep should be offered the opportunity to use an actiwatch, and have a restorative sleep preferences assessment completed.
- SNF's need to work with residents and staff to identify ways to make night time more home like.
- Provide nursing staff education on removing outdated 2 hour checks from their practice, to EB interventions to reduce checks during the night, while reducing skin breakdown and potential harm (i.e. person centered care plan on actual incontinence needs, higher quality incontinence goods, better mattresses, acti-watch-to show activity while resting, etc.)
- Monitoring noise and light were the greatest interventions of this study, recommend adding both to your QAPI/P4P practices.

**Share some of your greatest lessons learned, both by the staff/administration, as well as by the residents.**

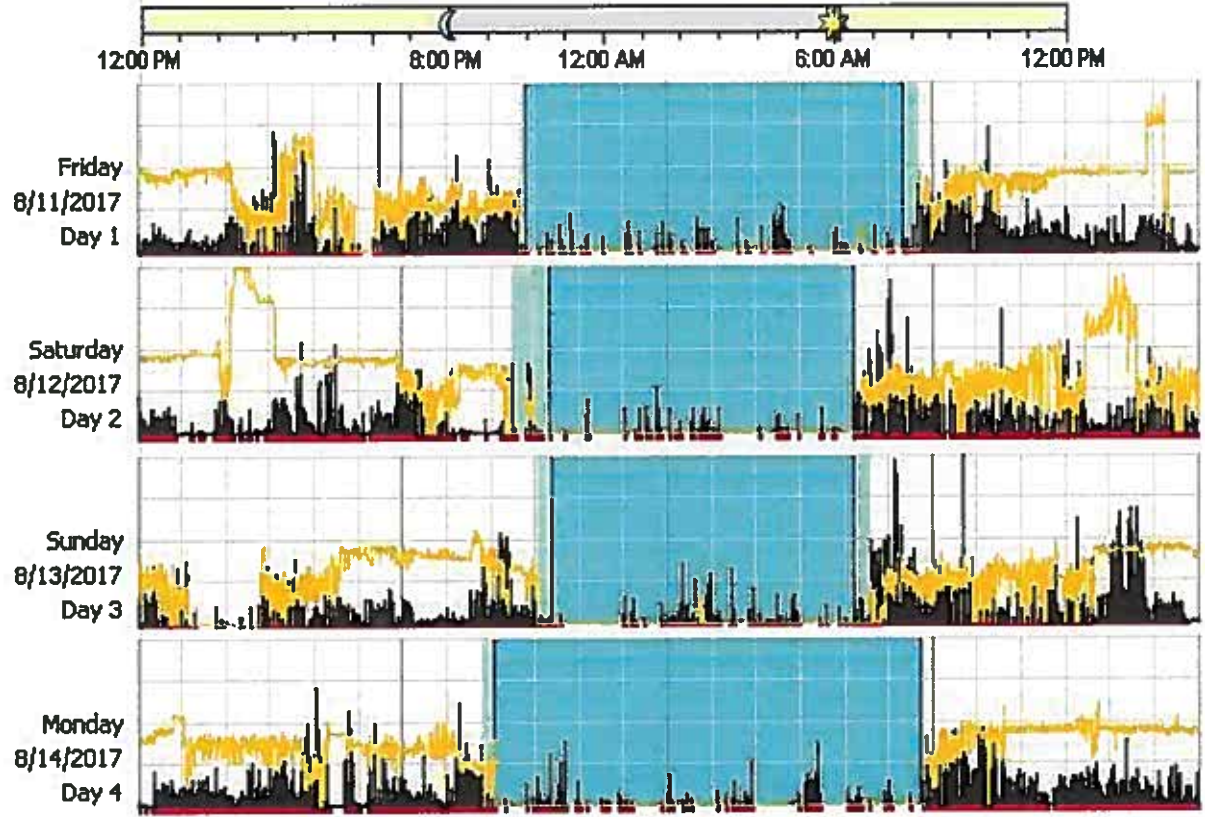
- Pilots are really tough when you live in a world of constant change/need; accept challenges, collaborate on what you have and move forward, even if at a snail's pace, your practices will improve and so will the lives of your residents and staff.
- If using an acti-watch with someone living with dementia, monitor closely, maybe do in 12 hour intervals, not 24 hour or more because they will come up missing, or be found on the wrist of another resident.
- Always knew the noise levels could be loud, but recognizing that when we do not pay attention to noise it can get into an industrial level of noise pollution range was quite devastating.
- Is easier to sleep when there isn't light shining in your face.
- We thought they would use eye masks and earplugs but what they benefited from the most was changing the overall environment of light and noise.
- The first resident to use the actiwatch, identified that she was sitting/lying down too much and this is why she has been having challenges with sleep, her goal is to be up and moving during the day.
- Yacker Trackers may not be the best for memory care environments, as it is a machine that will talk back to the resident telling them to "keep it down"
- When a person is provided a space and time to focus on how they will improve their day and night routine, with resources that are available, good things happen.

# Actigraphy:

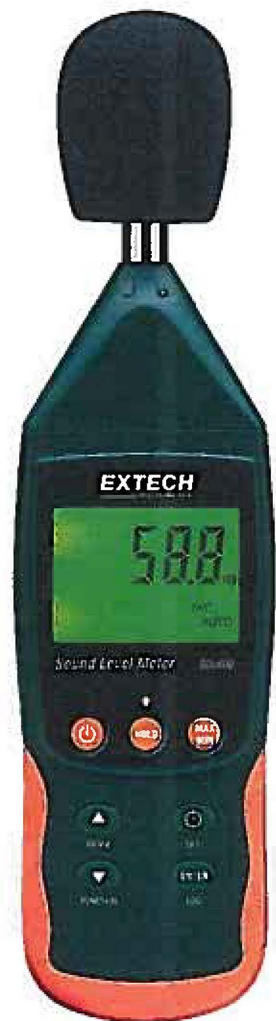


- **Measures Rest and Sleep**
- **Measures Activity and Tonicity**
- **Measures Light Source and Quantity of Light source**
- **Over a 24 Hour Period**
- **Worn continuously for multiple days**
- **Worn on the wrist**
- **Cost effective**

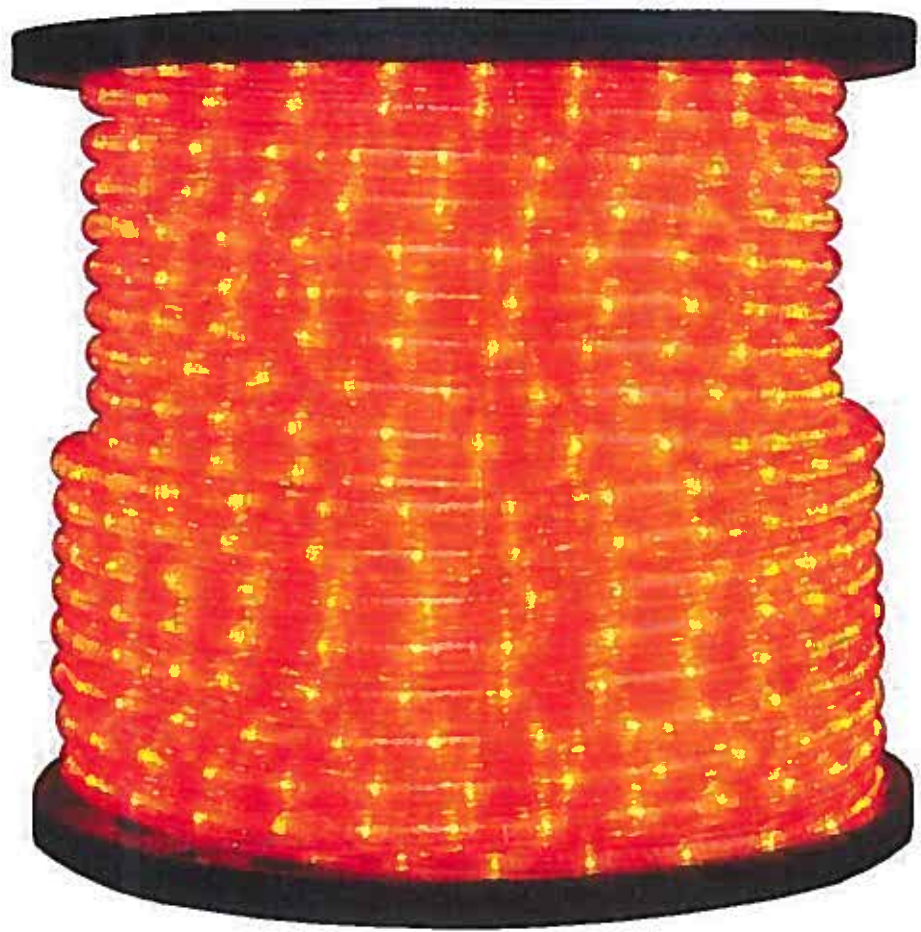
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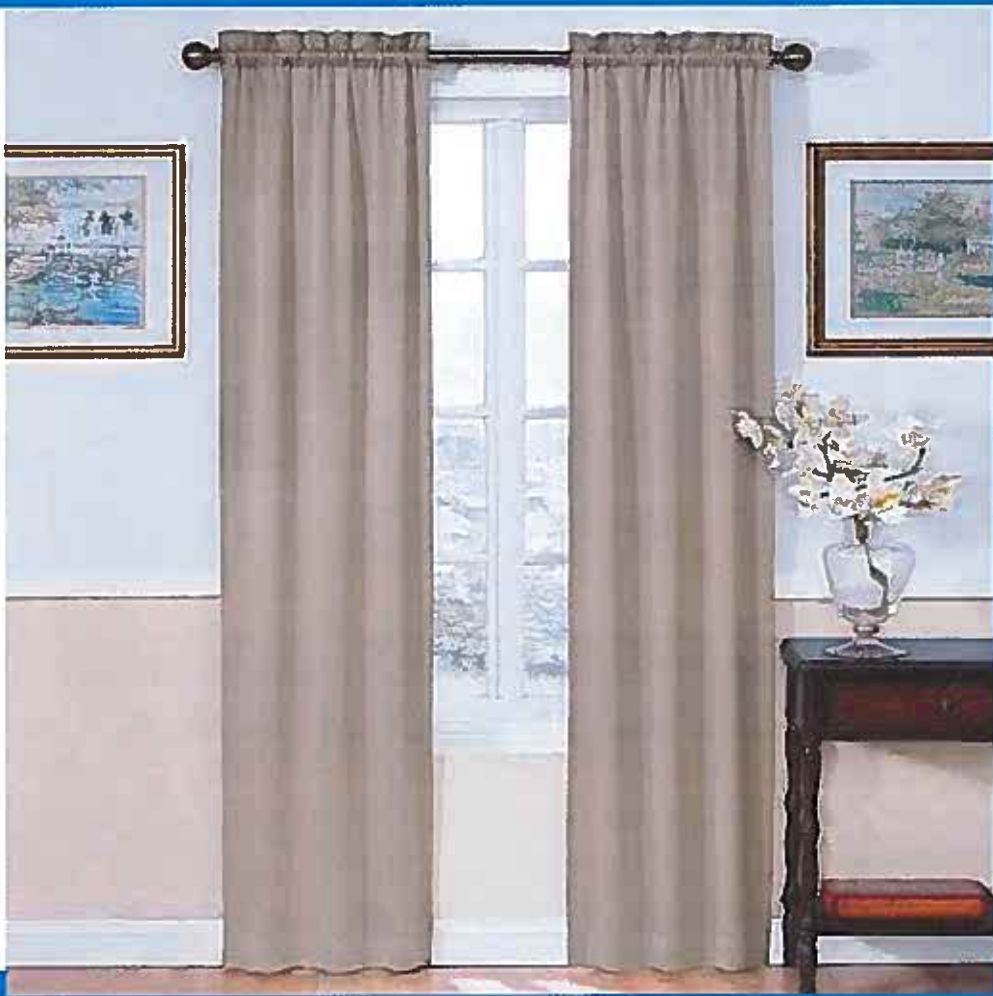


Elimination  
of 2hr checks  
at night



1	4/26/2017	0:00:00	44.6 dB				
2	4/26/2017	0:00:02	44.7 dB		Average=	52.54 dB	
3	4/26/2017	0:00:04	45.6 dB				
4	4/26/2017	0:00:06	46.3 dB				
5	4/26/2017	0:00:08	49.9 dB				
6	4/26/2017	0:00:10	45.3 dB				
7	4/26/2017	0:00:12	48.7 dB				
8	4/26/2017	0:00:14	46.9 dB				
9	4/26/2017	0:00:16	49.5 dB				
10	4/26/2017	0:00:18	45.7 dB				









## Restorative Sleep Vitality Program Pilot Resource List

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**Actigraphy:** Respironics Actiwatch Spectrum by Philips, approximately \$651.00

<http://www.actigraphy.respironics.com/devices/actiwatch/actiwatch2.html>

**Aromatherapy (Essential Oils):** For a well-rounded collection of oils approximately \$300.00

<https://www.mountainroseherbs.com/>

*For a local supplier and trainings on essential oils:*

Apothecary Tinctura

2900 E. 6<sup>th</sup> Ave. Denver CO 80206

**Aromatherapy Book:** Essential Oils for healing approximately \$11.76

[https://www.amazon.com/Essential-Oils-Healing-All-Natural-Everyday/dp/1250082609/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1506529743&sr=1-1&keywords=essential+oils+for+healing](https://www.amazon.com/Essential-Oils-Healing-All-Natural-Everyday/dp/1250082609/ref=sr_1_1?s=books&ie=UTF8&qid=1506529743&sr=1-1&keywords=essential+oils+for+healing)

**Aromatherapy Diffusers:** approximately \$20.00

[https://www.amazon.com/Aromatherapy-Essential-Oil-Diffuser-colors/dp/B014SF6MBI/ref=sr\\_1\\_sc\\_2?ie=UTF8&qid=1461554744&sr=8-2-spell&keywords=Aroma+Therpay+diffusers](https://www.amazon.com/Aromatherapy-Essential-Oil-Diffuser-colors/dp/B014SF6MBI/ref=sr_1_sc_2?ie=UTF8&qid=1461554744&sr=8-2-spell&keywords=Aroma+Therpay+diffusers)

**Black out curtains and rods:** Purchased at JcPenny and Target, approximately \$300.00

**Blanket Warmers:** approximately \$3, 000.00

[http://www.venturemedical.com/products/blanket\\_solution\\_warming\\_cabinets/a\\_msc0\\_steris\\_tabletop\\_blanket\\_warmer\\_refurbished/](http://www.venturemedical.com/products/blanket_solution_warming_cabinets/a_msc0_steris_tabletop_blanket_warmer_refurbished/)

**Yacker Tracker: \$99.99**

[https://www.amazon.com/Yacker-Tracker-Noise-Detector-5-5/dp/B001AZ2O2Q/ref=sr\\_1\\_2?ie=UTF8&qid=1475178634&sr=8-2&keywords=sound+meter+red%2C+yellow%2C+green](https://www.amazon.com/Yacker-Tracker-Noise-Detector-5-5/dp/B001AZ2O2Q/ref=sr_1_2?ie=UTF8&qid=1475178634&sr=8-2&keywords=sound+meter+red%2C+yellow%2C+green)

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<b>Resident Name:</b>	Mrs . Smith	<b>Room Number</b> <b>Love</b>
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The purpose of this information is to get to know a residents preferences, fears, pet peeves, joys, etc. in an attempt to improve their quality of life when working with them. These can be used when attempting to understand why a resident may be having an unmet need, redirect them and provide suggestions for meaningful individualized interventions. In addition it provides insight into resident preferences and tools to aid them in a full night of undisturbed restorative sleep.

### Evening Restorative Sleep Preferences

<b>Intervention</b>	<b>Resident Preference</b>	<b>Additional Information</b>
<b>Aroma Therapy (Morning)</b>	<b>Yes</b>	Feels energized by the scent of <b>Cinnamon</b>
<b>Aromatherapy( Evening)</b>	<b>Yes</b>	Enjoys the scent of <b>Lavender</b> ( feels relaxed by it) Interested in using this in the form of Shower Bombs, diffuser, Lotion, and Room Spray
<b>Warm Blanket</b>	<b>Maybe</b>	Often becomes hot at night
<b>Cool Towel</b>	<b>Yes</b>	Interested in a <b>cold towel with Lavender</b> Aromatherapy in evening since she often gets hot
<b>White Noise Machine</b>	<b>No</b>	
<b>Headphones</b>	<b>Yes</b>	
<b>Ear Plugs</b>	<b>Yes</b>	Prefers complete silence when sleeping
<b>Massage</b>	<b>Maybe</b>	Does not like physical contact, but is <b>open to hand massage</b>
<b>Weighted Blanket</b>	<b>Yes</b>	
<b>Eye Mask</b>	<b>Maybe</b>	Willing to try
<b>Undisturbed sleep- ( Does the resident desire to be woken to be changed or provided with care?)</b>	<b>Yes</b>	Resident is incontinent and at risk for skin breakdown but has stated she <b>Prefers No Turning, will use call light PRN</b>

RESIDENT NAME: \_\_\_\_\_

MONTH: \_\_\_\_\_

**Restorative Sleep Vitality Sleep Preferences Checklist**

Intervention	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Aroma Therapy (Morning)																															
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Ear Plugs																															
Massage																															
Weighted Blanket																															
Eye Mask																															
Undisturbed sleep- ( Does the resident desire to be woken to be changed or provided with care?)																															
Other																															

- + Use a plus sign in a check box to note that residents responded positively to the intervention
- Use a dash sign in the check box to note that the intervention was used and the resident did not enjo/ respond well to it