Advocating the Rest Period

Our Front Door...
Advocating the Rest Period

Sarah Macdonald and Michelle Knox
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Objectives for the day
- What is Neuroservices?
- What is the rest period and the two person rule?
- The Patho-physiology behind the rest period
- How do nurses, families, and patients view the rest period?
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What is Neuroservices?
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Welcome Visitors

PLEASE REMEMBER

Strictly no visiting between:
- 1pm and 3pm
- 8pm and 11pm

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And...time for my beauty sleep.

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Don't forget, time for my beauty sleep.

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Tim...time for my beauty sleep.

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1! 2

Too Many

What is the two person rule?

Two’s company – Three’s a headache
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What about the Pathophysiology?

- Intracranial Pressure
- Monro-Kellie Hypothesis
- Autoregulation
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Intracranial Pressure (ICP)

The pressure exerted within a rigid skull by the combined volume of its components
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ICP

- Brain Tissue 80%
- Blood Volume 10%
- Cerebrospinal Fluid 10%
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Monro-Kellie Hypothesis

If the volume of one component increases then, one or both of the other components must decrease to maintain ICP.
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Autoregulation

The Brain’s ability to regulate it’s own blood supply

Loss of autoregulation means that the brain becomes passively dependent on the systemic blood pressure
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- Startle Reflex
- Release of catecholamines
- Results in peripheral vasoconstriction
- Leads to increased heart rate, cardiac output, and therefore increased blood pressure.
- Impaired autoregulation - raised cerebral blood flow
- Raised ICP
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Subarachnoid Haemorrhage
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How do Nurses view the rest period?

Nurses are advocates for the patients

Our patients are often tired, confused, sleep-deprived, nauseated, and in pain.
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Comparison of noise levels in 6DNIC, between visiting time and the rest period on January 22nd, 2002.

- 0630hrs: 41.5 decibels
- 1200hrs (visiting period): 76.9 decibels
- 1400hrs (rest period): 45 decibels
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How do families/whanau view the rest period?
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Critical illness is experienced collectively - not individually.

Family members of head injured patients have increased incidence of: duodenal ulcers, heart attacks, depression and divorce.  

Engli and Kirvisali-Farmer
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There is a statistically significant difference that exists between:

the nurses’ perceptions of family needs

the families’ perceptions of family needs
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The Family Experience

- Loss of control for the families
- Unfamiliar environment
- Dependent on people they don’t know
- Trust - why doesn’t it apply both ways?
- Individual nurses changing the visiting rules?
Imagine the worst headache you’ve ever had...

How much noise would you tolerate?

We will insist on 2 visitors per patient to maximise our patients' care, comfort, and recovery.

How do Patients view the rest period?
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Objectives for the day

- How did the visiting policy become an issue?
- What interventions have we implemented
- Feedback so far...
- Our plans for the future
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How the visiting policy became an issue

Identified as a problem

A policy committee was set up

The first idea was posters...
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Teaching People

- Recognisable language for the learner
- Message is clear and precise
- Anxiety
- Humour
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Brains need...

and

REST!

Our visiting hours are between 11am - 1pm AND 3.30 - 8.00.
(Exceptions to be negotiated by CN.)
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**Dwayne the Brain Says...**

**We know you care about your loved ones...**

**Nurses care about your loved ones too...**

**Please**

Allow us to provide the best care for them by insisting on **two visitors per patient**.

**Please, refrain from stayin' and playin' when I am layin' in pain.**

You hear what I'm sayin', "No stayin' all dayin'".
Remember the Ark!

The visitors went in by two by two.

Hurrah, hurrah,

Visitors Entry

Just a little bit...

Our visiting rules

Dwayne the Brain says...
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VISITORS

UNCLE DWAYNE WANTS YOU,

AND ONE OTHER, DURING VISITING HOURS
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Confrontation

- C Clarify
- A Articulate
- R Request
- E Encourage
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6DNIC
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Welcome!

Why limit visiting to two people?

Why have a rest period?

Care and treatment are our priority. Visiting occurs around this.

Please feel free to disclose any information or impressions you may have with our clinical charge nurse.

Thank you for your cooperation and understanding. We look forward to seeing you.
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How does the MDT view the rest period?

They loved it........reported patients responded more effectively to therapy after rest.
Remember the Ark!

The visitors went in by two by two:

Hurrah, Hurrah!

VISITORS' ENTRY

Dwayne the Brain says...

R.E.S.P.E.C.T.

JUST A LITTLE BIT...

OUR VISITING RULES
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CRACKLES

The End.