

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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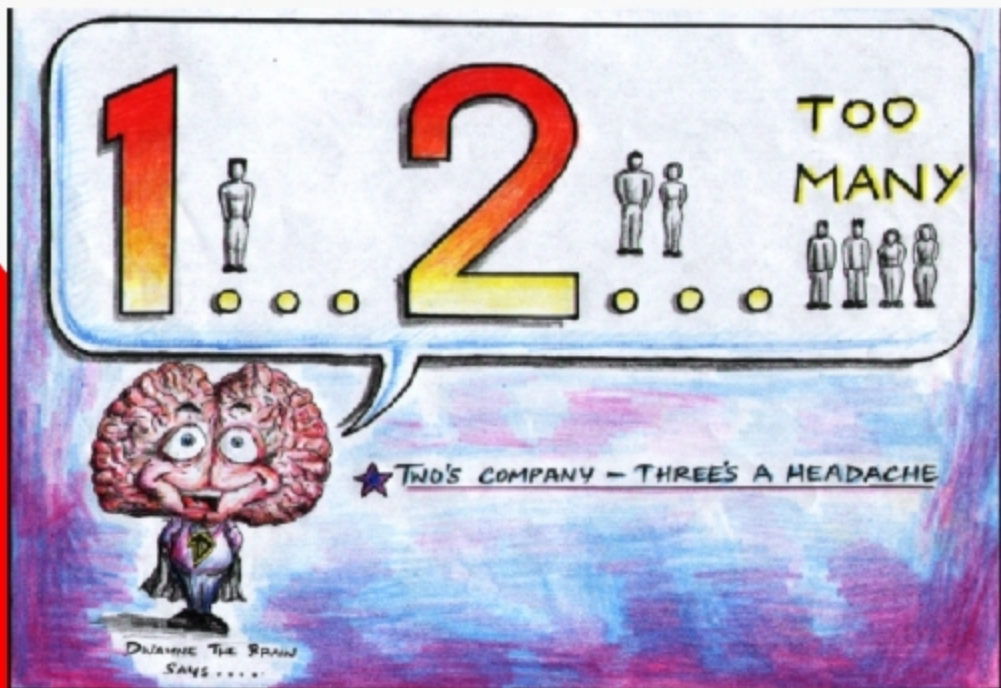
What is Neuroservices?

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What is the rest period?

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What is the two person rule?

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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 it's
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.

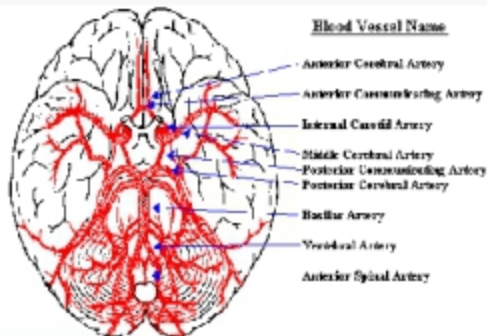


Impaired Autoregulation - raised cerebral blood flow



Raised ICP

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Subarachnoid Haemorrhage

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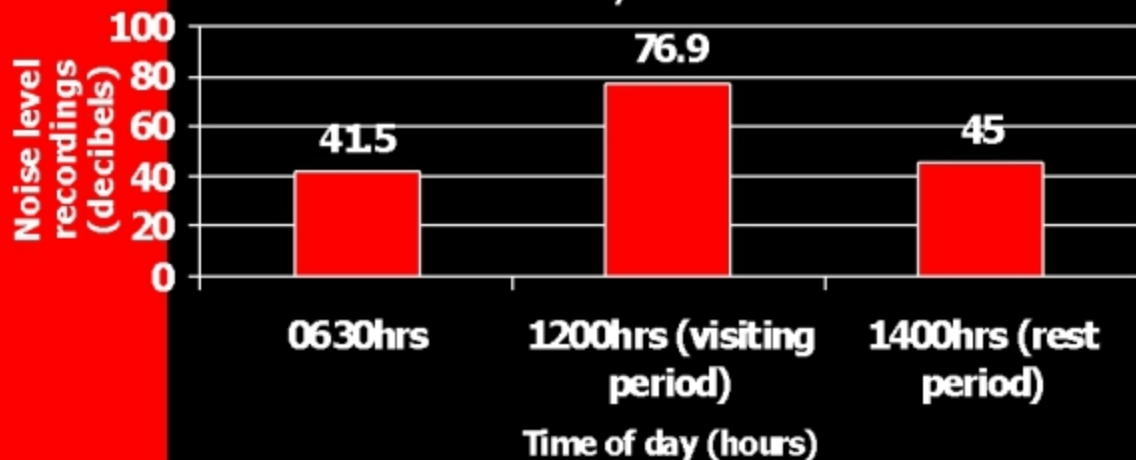
How do Nurses view the rest period?

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.



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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

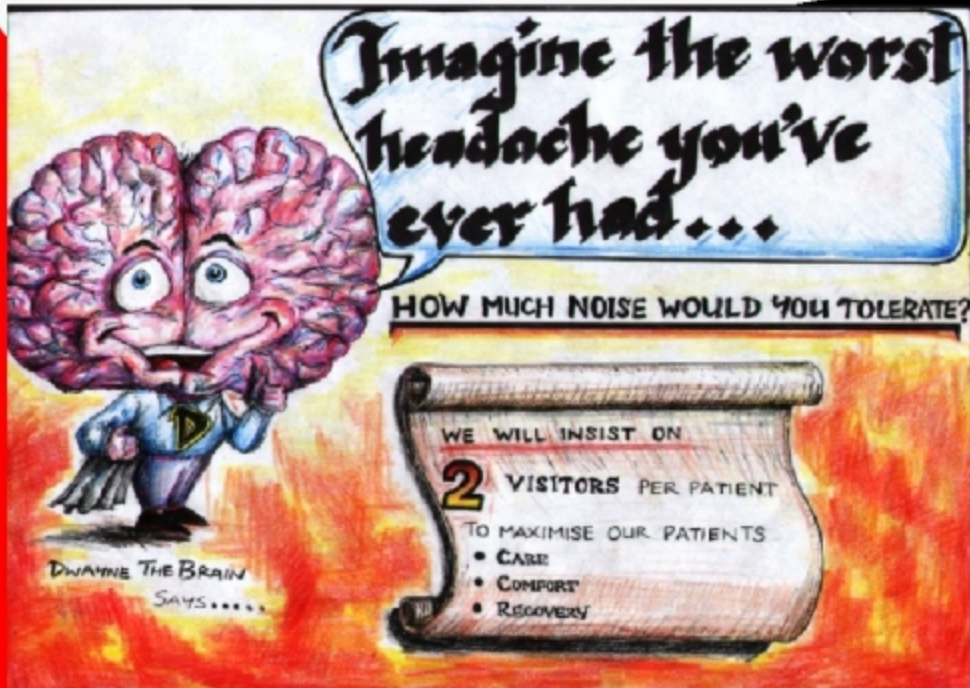
the families' perceptions of family needs

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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?

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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

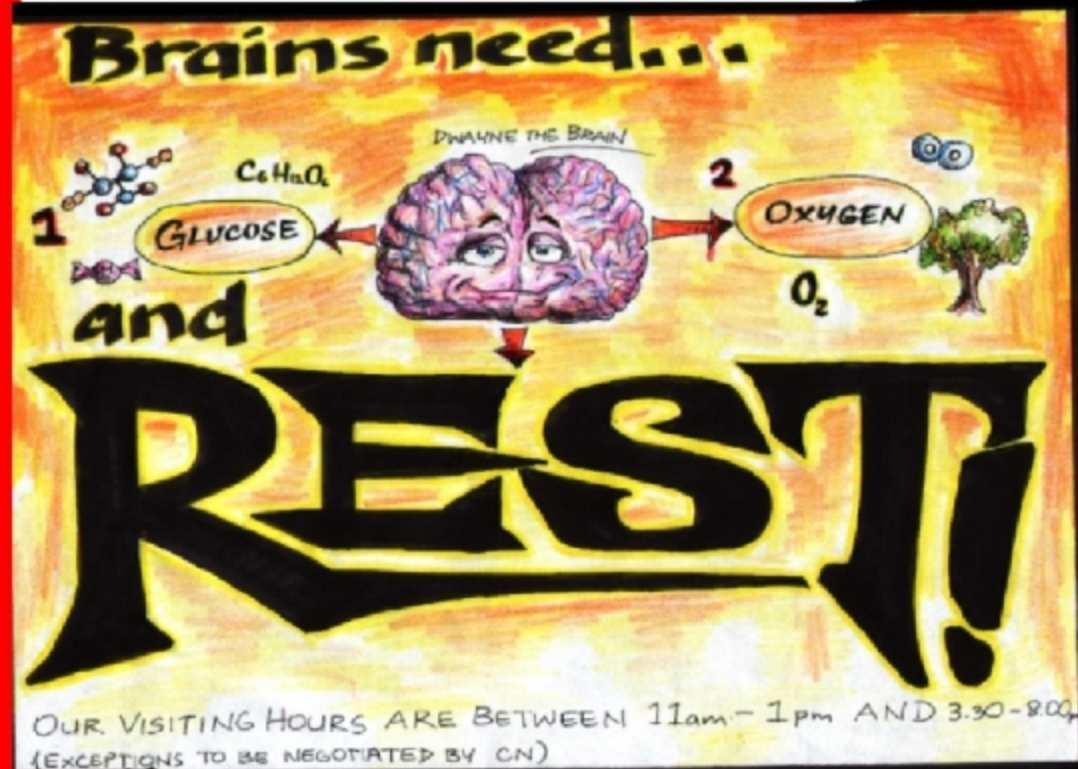
The first idea was posters...

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Teaching People

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

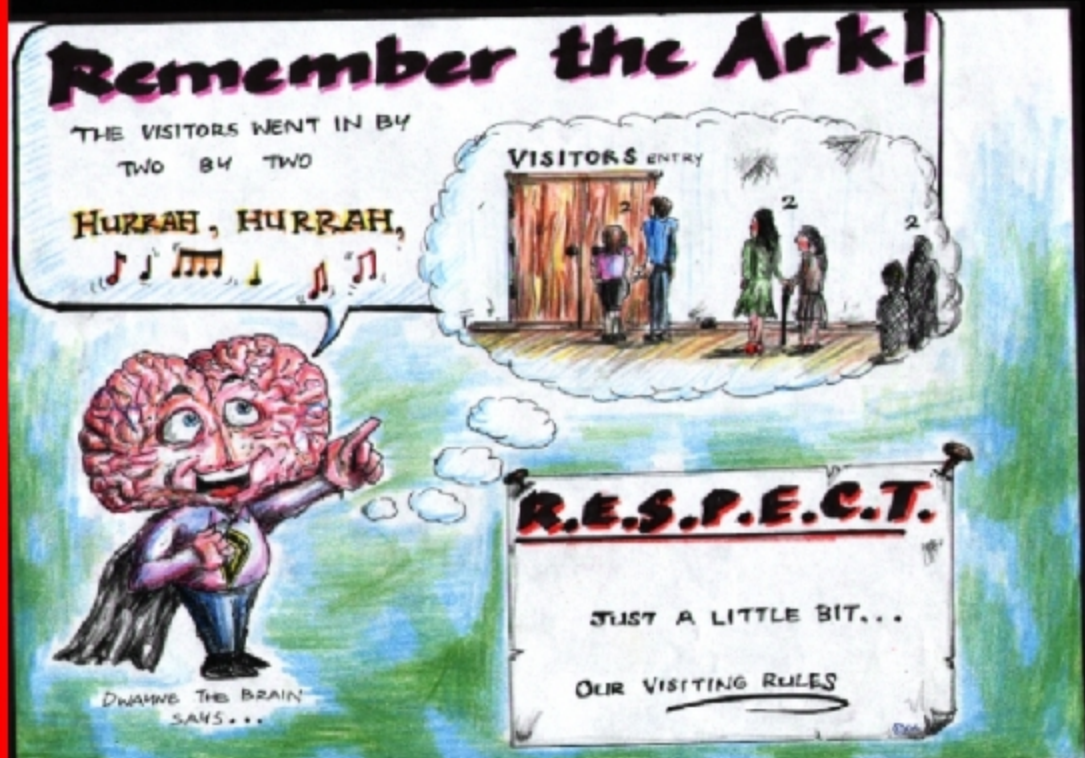
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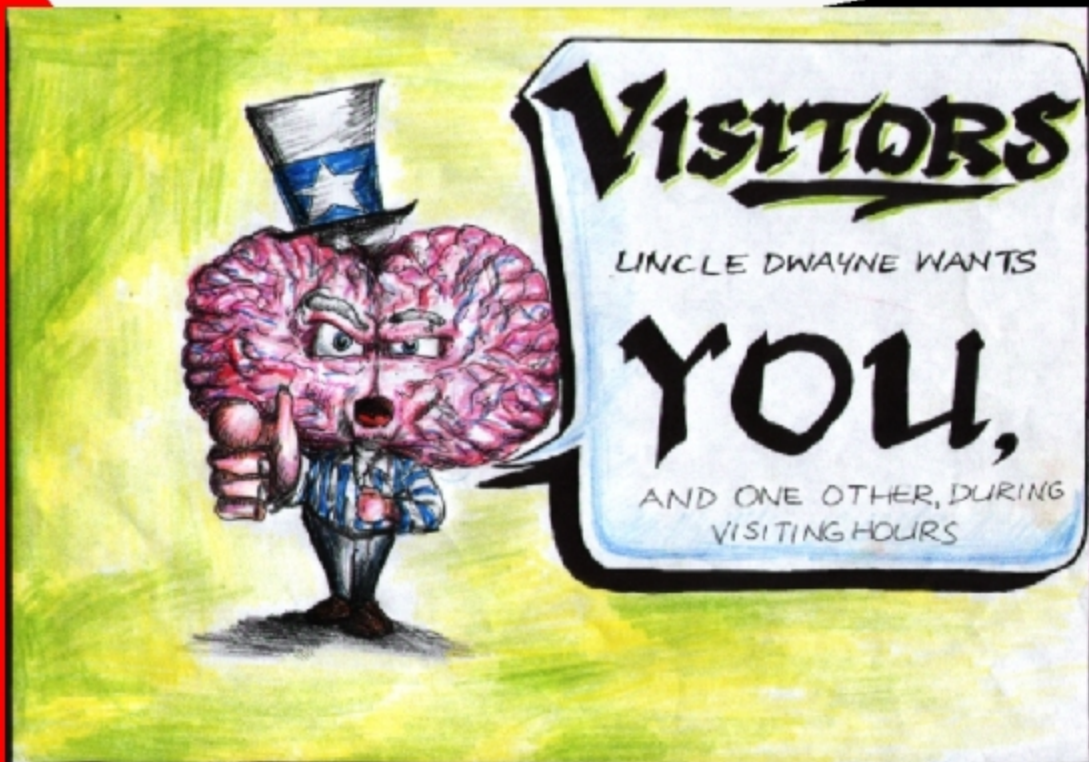
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Confrontation

- 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?



When a patient is in a hospital bed, it is important to have a rest period. This is because the patient is often tired and needs to rest. Having a rest period allows the patient to get some sleep and feel better.



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

Please feel free to discuss any concerns or inquiries you may have with our clinical charge nurse.

Thank you for your perspective 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.

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The future...



Remember the Ark!

THE VISITORS WENT IN BY
TWO BY TWO

HURRAH, HURRAH,



VISITORS ENTRY



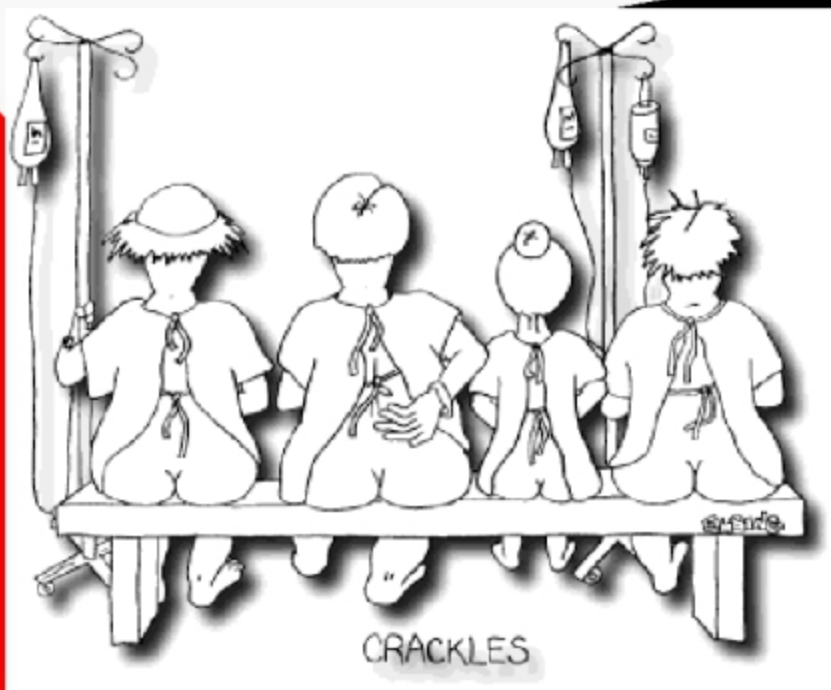
DRAWING THE BRAIN
SAYS...

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

JUST A LITTLE BIT...

OUR VISITING RULES

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The End.