

Guidelines for Use of Overnight Brief

The benefits of a good night's sleep might outweigh the risk of not being checked and changed every two hours. For residents who have trouble sleeping, the benefits of an overnight brief might include:

- Less daytime lethargy
- Less fall risk
- Less insomnia
- Increase in participation in activities
- Increase in weight gain

Goals

- Resident-centered care
- Appropriate utilization of overnight (high-capacity) brief
- Maintain skin integrity
- Resident dignity
- Prevention of sleep deprivation



Resident must meet two or more criteria to qualify for a overnight brief	Document justification for brief use. Please describe. Be specific. List medications and dosage.
Uses two or more diuretics or is on higher than average dose (greater than 40mg BID)	
Wet bed or wet clothes consistently after the two-hour check period	
Diagnosis of diabetes, CHF or on tube feeding or intravenous fluids	
Combative with hands-on care	
Behavior issues such as wandering if awakened during the night	

Other comments _____

Family/resident discussion _____

- If used, overnight briefs should be applied at 10 p.m. rounds
- If used other than at night, care plan should specify times brief used and justification for use
- Use of overnight brief should be listed on the care plan along with reason for use
- Examples of problems on the care plan could be “prevent sleep deprivation,” “improved sleep pattern,” “maintain resident dignity,” “maintain skin integrity,” “prevention of behavioral episodes”
- Enclose a copy of this form with the care plan

_____ Date _____

Adapted from Soldiers' Home in Holyoke, Holyoke, MA
 One facility's effort in individualized care for residents with incontinence, behaviors, and sleep disturbances.