

Promotional: WA: Sleep Disorders and the Older Adult

****You MUST print this for Continuing Education purposes and keep with your certificate of completion.**

Requirements:

For successful completion of this educational activity and receipt of 0.5 contact hour(s), the learner must:

1. Participate in 30 minutes of continuous learning.
2. Complete a quiz with a minimum score of 80%.
3. Complete an evaluation form.

Educational activity description:

Rest, sleep, and comfort are important for everyone's quality of life. Healthcare workers should recognize when someone in their care is not getting enough sleep. This educational activity provides an introduction to sleep issues experienced by the older adult, along with interventions to promote sleep.

Target audience:

The target audience for this educational activity is all staff across the long-term care setting. This is an intermediate level educational activity.

Purpose:

The purpose of this educational activity is to enable the learner to identify sleep issues associated with aging.

Learning outcome:

At the completion of this educational activity, the learner will be able to demonstrate knowledge about sleep disorders in the older adult by passing a quiz with 80% or greater accuracy.

Learning objectives:

At the completion of this educational activity, the learner will be able to:

1. Identify two (2) sleep disorders common in older adults.
2. List three (3) causes of sleep disturbances in the older adult
3. Select three (3) interventions to promote sleep.

Author:

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Ms. Platt has had extensive experience in a variety of health care settings, including as Staff Development Coordinator in a Long-Term Care facility. She also worked as a Term Assistant Professor of Nursing for the University of Alaska Anchorage AAS Nursing Program for many years as well as coordinating and teaching a Certified Nursing Assistant Program. Prior to entering nursing education, Ms. Platt worked in both staff nurse and Clinical Resource Manager positions in a small Critical Access Hospital in rural Alaska. Her work experience also includes staff and charge positions on Medical-Surgical and Intensive Care Units. Ms. Platt obtained a Diploma in nursing from Joseph Lawrence School of Nursing in New London, Connecticut; a Bachelor of Science in Nursing from St. Joseph College in West Hartford, Connecticut; and a Master of Science in Nursing Education from the University of Alaska, Anchorage, Alaska.

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