The effect of Nursing based Multifactorial intervention in sleep of hospitalized patients in CCU

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Abstract

**Background & Aim:** Good sleep is essential for health and quality of life. The current study examines the effects of multifactorial intervention to improve sleep in patients admitted to coronary care unit.

**Methods & Materials:** This quasi-experimental study was conducted in 2011 in a hospital doctor Shariati in Iran. The study sample consisted of 60 patients were admitted to the coronary care unit. Specimens available for study were selected and control group was tested in the first and then experimental group. Nursing Based Multifactorial intervention was doing in the first three night's admission in experimental group and includes: reducing the environmental factors disturb sleep, changing care practices for sleep was not interrupted and in the control group took part in the routine caring. Sleep quality was measured by Pittsburgh questionnaire. With the analyzing of data in both groups, significant improvement in the experimental group is expected to sleep. Data were analyzed using SPSS V.18 software.

**Result:** In the control group a significant decrease in sleep quality before and after patients were admitted (p: 0.000), But in the intervention group, significant differences in sleep quality was observed before and after studied (p: 0.08).

**Conclusion:** Results of this research provide evidence to serviceable the use of Nursing based Multifactorial intervention in patients admitted to coronary care unit.

**Key word:** Sleep quality, Nursing based Multifactorial intervention, coronary care unit.