



Service Priorities and Programmes
Electronic Presentations

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Enhancement for Quality Healthcare Services - Psychiatric Nurse Clinic to Improve Sleep Problems

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Introduction

More and more people in Hong Kong are having sleep problems. Sleep problems may profoundly affect one's daily living and quality of life. In fact, insomnia is often the most common and earliest symptom of anxiety and depressive problem. Evidence supported that insomnia was a risk factor for the development of depression and anxiety disorders (Perlis, et al., 2006). Early detection and intervention for insomnia may help to prevent those complications. In order to meet the service needs of clients with sleep problems, the Psychiatric Nurse Clinic (Insomnia) was piloted in Kowloon West Psychiatric Out-patient Department in 2009 and was accredited by Head Office in April 2011. It is purposely designed to provide specific nursing interventions to the clients with sleep problems.

Objectives

To improve sleep condition and quality of life of the client
To eliminate psycho-social impact on client and others
To prevent the medical and psychiatric complications on client
To alleviate the burden of health care system

Methodology

On referral, individual consultations were provided to a client. He/she was assessed of the sleep problems. In subsequent interviews, specific nursing interventions, including sleep hygiene education, relaxation training, stimulus control, sleep restriction, cognitive and behavioural interventions, education on reduction of hypnotics and relapse prevention, were provided. Assessment tools included Insomnia Severity Index (ISI), Personal Health Questionnaire-4 (PHQ-4), and Sleep Diary. On completion, feedbacks were collected from clients.

Result

As at January 2013, total 320 clients were referred, in which 230 clients attended the clinic. There were improvement in symptoms control and prevention of complications. The majority of clients gave very positive feedback of the nursing services provided in

the clinic. Practice outcomes, which included sleep latency, total sleep time, and sleep efficiency, were positive too. It indicated that Psychiatric Nurse Clinic (Insomnia) was effective in helping clients to improve their sleep problems and wellness.