

Sleep Problems & Effects of Medication in Older Adults

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Benefits of Sleep



Sleep Deprivation

- Irritability
- Mood changes
- Cognitive Impairment
- Memory lapses or loss
- Difficulty concentrating
- Hallucinations
- Paranoia
- Aches and Pain



Sleep Problems in Older Adults

- Decrease in slow wave or deep sleep
- Daytime sleepiness
- Fragmented sleep
- Disrupted sleep rhythms



Why Not Sleep Meds?

- Confusion/memory loss
- Dizziness
- Sedation/daytime drowsiness
- Falls
- Hangover effect
- Depression



“The risk for hip fracture is elevated among nursing home residents using a nonbenzodiazepine hypnotic drug. New users and residents having mild to moderate cognitive impairment or requiring limited assistance with transfers may be most vulnerable to the use of these drugs. Caution should be exercised when prescribing sleep medications to nursing home residents.”

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What about environmental factors???



LIGHTING



NOISE



FACILITY ROUTINES

Medications that contribute to sleep problems in older adults



Alpha-blockers

Beta-blockers

Corticosteroids

SSRI antidepressants

ACE inhibitors

Glucocorticoids

Nonsteroidal anti-inflammatory drugs

Decongestants

Antiandrogens



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Age-Friendly Health Systems & the 4Ms



What Matters

Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.

Medication

If medication is necessary, use Age-Friendly medication that does not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care.

Mentation

Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.

Mobility

Ensure that older adults move safely every day in order to maintain function and do What Matters.

MEDICATIONS—What can we do?

- Review Medications for use of high-risk medications (BEERS Criteria)
- Identify the indication to adjust dose, or deprescribe high-risk medications (document and communicate potential changes)
- Involve Provider and/or Pharmacist to make necessary changes
- Collaborate with Medical Director and Consultant Pharmacist to prioritize reducing high-risk medications
- Evaluate effectiveness of the intervention



- Increase exposure to daylight/sunlight
- Bright light in evening
- Increase daytime activities and engagement
- Educate staff about sleep hygiene practices
- Assess environment—lighting, noise, temperature
- Decrease nighttime awakening
- Individualize wake/sleep times/past routines
- Conduct routine medication reviews



Do the best you can until
you know better. Then
when you know better, do
better.

Maya Angelou

veganposters.com

Thank You!

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Questions?

