

INSTRUCTIONS

Impact of a Sleep Enhancement Protocol on Nighttime Room Entries in an Inpatient Rehabilitation Facility**TEST INSTRUCTIONS**

- Read the article. The test for this nursing continuing professional development (NCPD) activity is to be taken online at **www.NursingCenter.com/CE/RNJ**. Tests can no longer be mailed or faxed.
- You'll need to create an account (it's free!) and log in to access My Planner before taking online tests. Your planner will keep track of all your Lippincott Professional Development online NCPD activities for you.
- There's only one correct answer for each question. A passing score for this test is 7 correct answers. If you pass, you can print your certificate of earned contact hours and access the answer key. If you fail, you have the option of taking the test again at no additional cost.
- For questions, contact Lippincott Professional Development: 1-800-787-8985.
- Registration deadline is June 7, 2024

PROVIDER ACCREDITATION

Lippincott Professional Development will award 2.5 contact hours for this nursing continuing professional development activity.

Lippincott Professional Development is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

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Payment: The registration fee for this test is \$10.00 members and \$12.50 for nonmembers.

NCPD TEST QUESTIONS**RNJ0721C**

LEARNING OUTCOME: Healthcare providers will demonstrate knowledge of a study examining whether a sleep enhancement protocol could reduce nighttime room entries for patients with orthopedic injury or acquired brain injury in an inpatient rehabilitation facility by achieving a minimum score of 70% on the outcomes-based posttest.

LEARNING OBJECTIVES: After completing this continuing professional development activity, the participant will be able to apply knowledge gained to:

1. Select the evidence about nighttime room entries in inpatient facilities that helped inform the protocol that could help reduce these entries in an inpatient rehabilitation facility.
2. Identify the key elements of the methodology used for the study of the protocol.
3. Choose the results of the study that could be useful when caring for rehabilitation patients.

1. **Tamburri et al. (2004) reported that 62% of which procedure was performed for patients in four different intensive care units between the hours of 9 p.m. and 6 a.m.?**
 - a. repositioning
 - b. venipuncture
 - c. daily baths
2. **According to Kamdar et al. (2012), nighttime room entries (NREs) in hospital settings are associated with an increased risk for developing**
 - a. depression.
 - b. dementia.
 - c. delirium.
3. **The proportion of the total number of hours slept to the number of hours spent in bed multiplied by 100 is**
 - a. sleep efficiency.
 - b. the predicted value for sleep.
 - c. the sleep fragmentation index.

4. **The sum of the movement index and the percentage of one-minute periods of sleep vs. all periods of sleep during the sleep period is**
 - a. sleep efficiency.
 - b. the predicted value for sleep.
 - c. the sleep fragmentation index.
5. **Based on the nursing checklist the authors used as part of their methodology, participants in the sleep enhancement protocol (SEP) group used the sleep kit items provided to them**
 - a. about half the nights.
 - b. very infrequently.
 - c. not at all.
6. **Compared with participants in the standard of care (SOC) group, those in the SEP group, regardless of whether they had an orthopedic injury (OI) or an acquired brain injury (ABI), had about how many fewer NREs?**
 - a. one third
 - b. one half
 - c. two thirds
7. **Compared with participants in the ABI groups, participants in the OI SOC group had more frequent overall NREs and, more specifically, room entries related to**
 - a. toileting.
 - b. comfort care.
 - c. pain management.
8. **As the authors expected, the number of NREs in the SOC groups was associated with**
 - a. greater daytime fatigue.
 - b. poorer self-reported quality of life.
 - c. increased susceptibility to infection.

9. **The authors found that, in the SEP group, the frequency of NREs related to which of the following was significantly lower than in the SOC group?**
 - a. turning
 - b. vital signs
 - c. catheter care
10. **Compared with patients with ABI having room entries that were safe to omit or bundle into one visit by their physiatrist and nighttime nursing team, those with OI had**
 - a. a similar number of these room entries.
 - b. fewer of these room entries.
 - c. more of these room entries.