

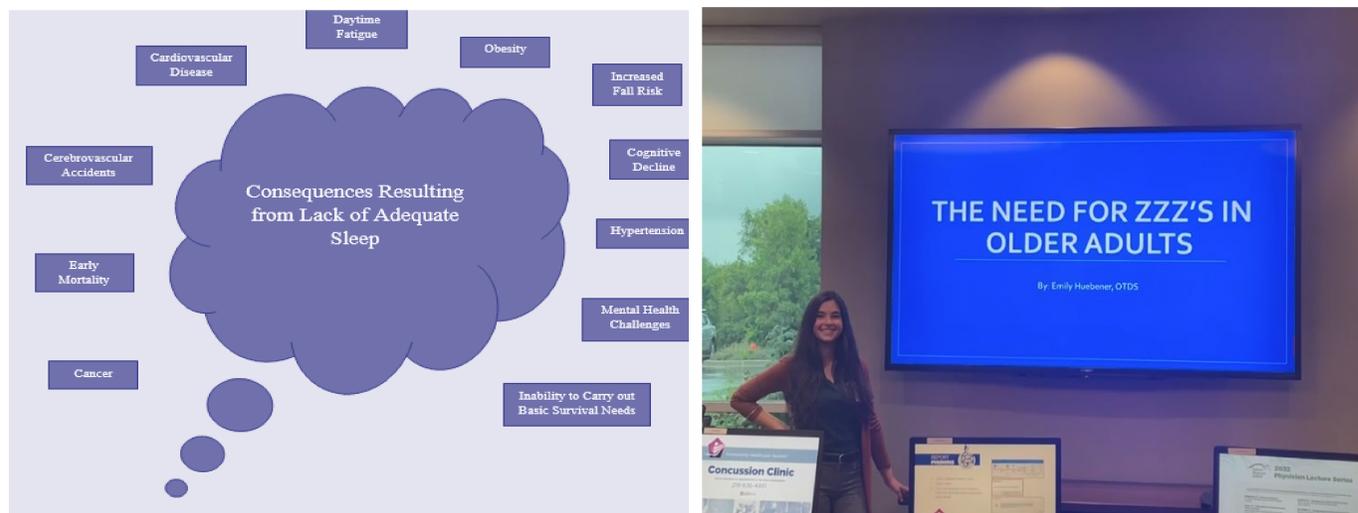
## Project Description & Sites

**Areas of Study:** 1) Program and Policy Development 2) Education 3) Advocacy

**Area of Practice:** Health & Wellness

**Sites:** Community Stroke and Rehabilitation Center & Colorado State University - Center for Community Partnerships

**Description:** The purpose of the capstone project was to gain experience and knowledge in the area of sleep within occupational therapy practice, which led to program development, advocacy, and evidence-based education for the older adult population.



## Needs Assessment | Literature Review

- Research demonstrates that 40-70% of older adults experience challenges with sleep (Leland et al., 2014; Sheth & Thomas, 2019).
- Insomnia symptoms increase with age, with higher rates than ever approaching 50% in older adults aged 65 and above (Miner & Kryger, 2017).
- Buysse et al. (2011 as cited in Ediner & Means, 2005) states, "Although often considered a nuisance symptom in clinical practice, insomnia has repeatedly been shown to be a risk factor for subsequent mental disorders, increased health care costs, occupational and social dysfunction, and impaired quality of life" (p. 1).
- Despite the need, several individuals remain unaware of how to achieve quality sleep (Perry et al., 2013).
- Occupational therapy practitioners can provide education on the factors shown to impact sleep, including occupational routines, environment, sleep modifications, and overall health, to enhance sleep quality, awareness, and quality of life among the older adult population (American Occupational Therapy Association, 2017; Ho & Siu, 2018; Perry et al., 2013; Smallfield & Molitor, 2018).

## Christ | Scholarship | Service

**Christ** is emphasized through serving a vulnerable population in need.

**Scholarship** is indicated through advancing occupational therapy's scope of practice in an emerging area by providing education and advocacy.

**Service** is provided to a population with demonstrated sleep challenges.

## Project Completion and Outcomes

**Outcome Measure 1:** Demonstrated in-depth knowledge of how to develop an occupational therapy sleep program for the older adult population.

**Related Learning Objectives:** Completed continuing education courses, series of leaflets, sleep observation, case study development, and staff and health care provider education.

**Outcome Measure 2:** Provided group and individual client education to increase awareness and positive culture toward sleep efficiency.

**Related Learning Objective:** Developed evidence-based education tools.

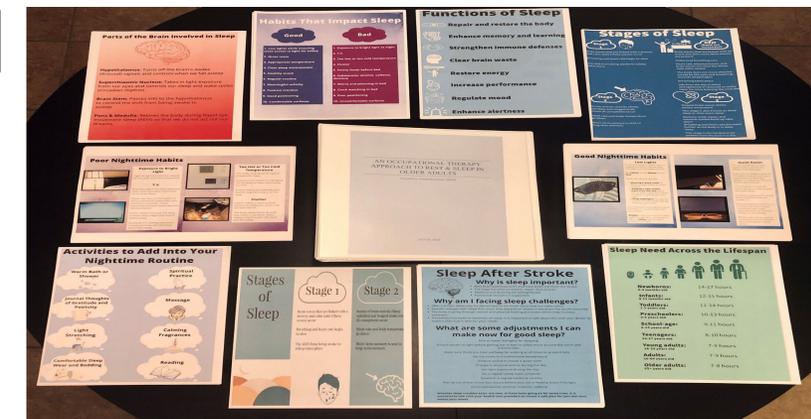
## Mission & Vision Statements

**Mission:** To increase the quality of life of older adults at an outpatient facility through providing education on and advocating for the ways sleep can be enhanced by skilled occupational therapy.

**Vision:** To advocate for occupational therapy's role in sleep and individuals' quality of life through providing education on ways sleep can be enhanced through occupational routines, environment, and sleep modifications.

## Deliverables

- Sleep program outline
- Course certificates of completion
- Evidence-based handouts, tools, and materials
- Shadowing observation analyses
- Case studies
- Guideline resource
- Marketing materials for sleep education



## Future Implications

### Impact on Occupational Therapy:

- An evidence-based program, resources, and education that can be utilized for clients now and in the future to address sleep.
- Awareness and advocacy for sleep and occupational therapy's role in addressing sleep-related challenges.

**Impact on Career:** I will continue to build upon the skills and knowledge I have developed to help clients facing various conditions, injuries, and illnesses achieve quality sleep.



## KEY REFERENCES

- American Occupational Therapy Association. (2017). *Occupational therapy's role with sleep*. <http://www.aota.org/About-OccupationalTherapy/Professionals/HW/Sleep.aspx>
- Buysse, D. J., Germain, A., Hall, M., Monk, T. H., & Nofzinger, E. A. (2011). A neurobiological model of insomnia. *Drug Discovery Today. Disease Models*, 8(4), 129-137. <https://doi.org/10.1016/j.ddmod.2011.07.002>
- Perry, G. S., Patil, S. P., & Presley-Cantrell, L. R. (2013). Raising awareness of sleep as a healthy behavior. *Preventing chronic disease*, 10, E133. <https://doi.org/10.5888/pcd10.130081>

\*Full reference list and image reference list available upon request