

Report Title	A good night's sleep should be prescribed for our patients		
Sponsoring Executive	Paula Gardner, Chief Nurse		
Report Author	Paula Gardner, Chief Nurse		
Meeting	Trust Board	Date	4 th April 2019

1. Suggested discussion points *[two or three issues you consider the Trust Board should focus on]*

The Clinical Leadership Executive has discussed and agreed the adoption of the Quiet protocol and the Good night's sleep approach, based on both good research evidence, and local best practice at Walsall Healthcare NHS Trust.

During April through OLM the Chief Nurse will work with operational colleagues to ensure that we have a shared understanding of the timing and nature of overnight bed moves.

We will then develop FAQs which will return to CLE prior to any proposal for implementation from the start of June.

2. Alignment to 2020 Vision *[indicate with an 'X' which Plan this paper supports]*

Safety Plan	x	Public Health Plan		People Plan & Education Plan	
Quality Plan		Research and Development		Estates Plan	x
Financial Plan		Digital Plan		Other <i>[specify in the paper]</i>	

3. Previous consideration *[where has this paper been previously discussed?]*

Clinical Leadership Executive March

4. Recommendation(s)

The Board is asked to:

- a. **NOTE** the adoption of the quiet protocol and the sleep diary as part of sleep hygiene
- b. **NOTE** the intention to implement these changes in June as part of a multi professional change emphasis

5. Impact *[indicate with an 'X' which governance initiatives this matter relates to and where shown elaborate]*

Trust Risk Register		n/a					
Board Assurance Framework		n/a					
Equality Impact Assessment	Is this required?	Y	X	N		If 'Y' date completed	April
Quality Impact Assessment	Is this required?	Y	X	N		If 'Y' date completed	April