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THE EVALUATION OF SLEEP DEPRIVATION ON MEDICATION ERRORS MADE BY NURSES



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Objectives

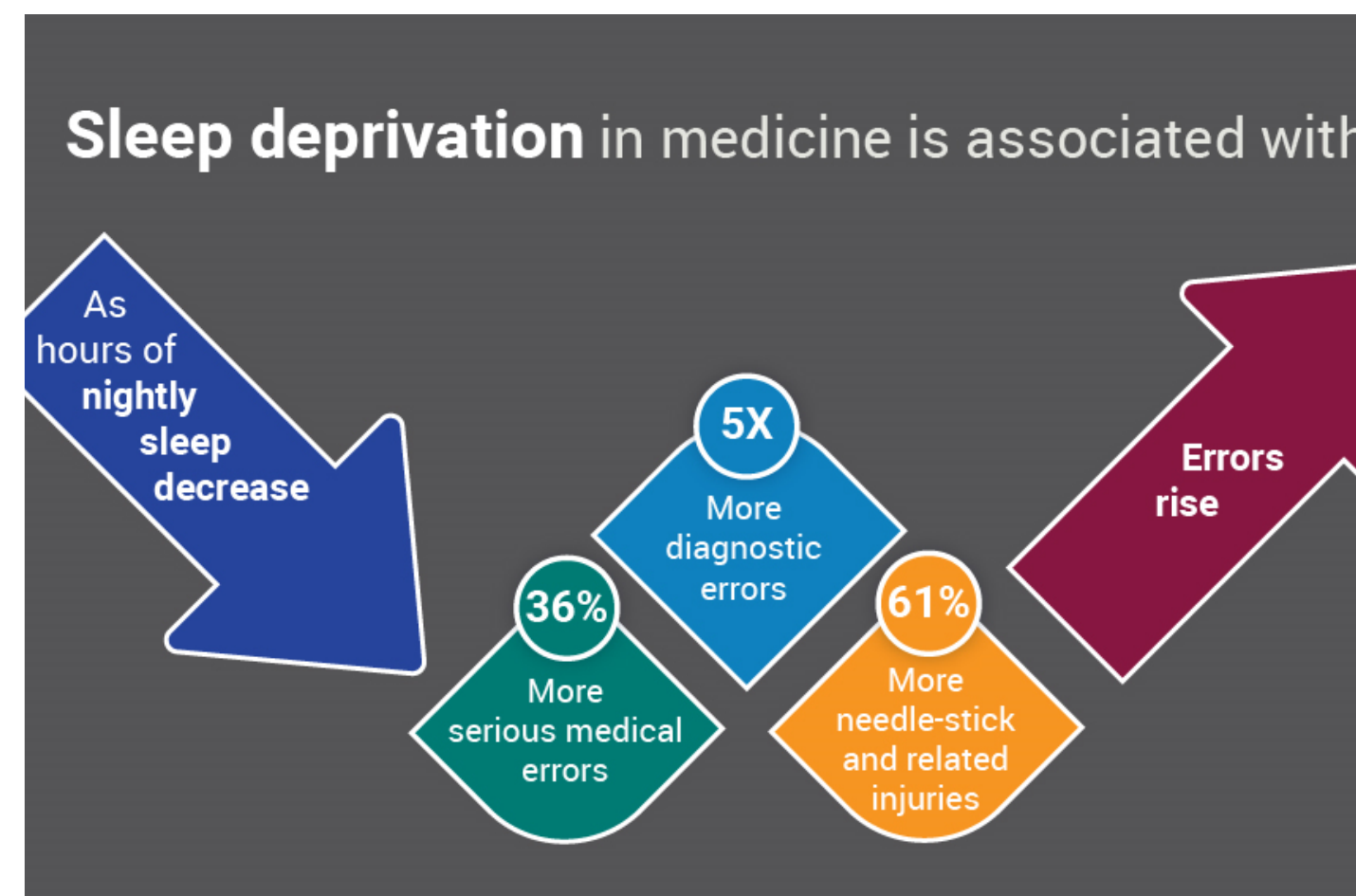
A review of the literature was conducted to find supportive evidence for interventions to address the negative effect of sleep deprived nurses on medication errors. The initial objective focused on nurses working in the intensive care unit and expanded to all care settings.

PIO Question: In sleep deprived nurses, what is the effect of sleep deprivation on medication errors in the intensive care unit?

Methods

A review of the literature was conducted using the Google Scholar and ProQuest databases. The Boolean search strategy included using the word "AND". Articles were reviewed for full text articles published in the past five years. A review of abstracts was conducted to identify the higher levels of evidence. Four articles were selected based on inclusion criteria for this student project

Keywords: *sleep, medication errors, registered nurses, time, and intensive care unit*



References



Results

The literature review identified contributing factors that can lead to sleep deprivation in nurses. The articles found underlying causes of medication errors to be fatigue, sleep deprivation, and stress. A meta-analysis study concluded that working night shifts, sleep deprivation, inadequate hospital staffing and lack of rest contributed to an increase in medication errors. The evidence stated focusing on system failures, recognizing levels of fatigue, decreasing shift hours, implementing a rest period between shifts, and obtaining positive feedback can help contribute to decreasing the amount of medication errors.

Conclusions

Medication errors are a common problem that can be prevented by attaining adequate sleep. These studies show that nurses who are not fatigued are significantly less likely to perform medication errors compared to those who do not get enough sleep. The authors accept the results as evidence to apply into nursing practice. These findings can be accepted universally into the practice of nurses everywhere