



Reducing Healthcare-Acquired Conditions in Nursing Homes

Webinar: Sleep Hygiene/Falls – Part II

Thursday, June 8, 2017 • 1–2 p.m. MT, Noon–1 p.m. PT

A good night of undisturbed sleep is one of the most important services we can give our residents. By eliminating or minimizing night-time interruptions, we can encourage more of the restorative sleep our residents need to maintain and enhance their quality of life. This presentation will provide practical strategies to prevent falls through uninterrupted sleep.

Webinar Objectives

Participants will be able to:

- Discuss the etiology of sleep and wake and its effect on health, disease and illness
- Explain the top 10 disturbances that contribute to residents' lack of good sleep hygiene and overall wellness
- Identify operational actions and interventions long-term care providers can do to prevent sleep disturbances

Target Audience

The webinar is designed for nurses and other nursing home staff.

Speaker: Sue Ann Guildermann, RN, BA, MA



Sue Ann has more than 40 years of experience providing education, leadership and consultation to long-term care organizations. An RN with a BA and MA in communication and adult education, she currently designs and produces educational seminars and conferences for Empira, a consortium of skilled nursing and assisted living facilities in Minnesota. For the last eight years, she has created educational programs for management and direct line staff to assist in implementation of two consecutive, three-year national and state quality improvement grants to reduce residents' falls and improve the quality of sleep. In January 2012, Empira's Fall Prevention program was awarded the MN Commissioner of

Human Services Circle of Excellence Award for "contributions to the well-being of human services clients." Sue Ann has taught at the University of Minnesota, School of Public Health, and received the Chairperson's Award from the Care Providers Association of Minnesota "in recognition of her outstanding leadership in educational programming."

To Participate *(Please join the event 15 minutes prior to the start time.)*

1. Go to: <https://qualitynet.webex.com>
2. Locate the event you wish to join, and click "Join Now"
3. Enter your name and email address
4. Password: **Falls**
The automatic system set-up should start at this point.
If a dialogue box appears, click "Run." This may take a few minutes.
5. Call: **1-888-896-0862** Access code: **44889163**

Questions?

Contact Michelle Lauckner at michelle.lauckner@area-a.hcqis.org or (701) 852-4231.

Information and webinar provided by Great Plains Quality Innovation Network for the Great 8+ consortium of Quality Innovation Network-Quality Improvement Organizations.

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