

ABSTRACT

There are many studies about problematic of sleep connected with shift work. However, only few studies devoted to the conditions for good rest and sleep in patients hospitalized in intensive care units. Insufficient or poor quality sleep and relaxation are the most common problems reported by patients that were hospitalized at intensive care units (ICU). Sleep is one of the basic biological needs of human. Sleep deficit can lead to psychical and psychological dysfunction that can affect the healing process. The diploma thesis is dealing with sleeping issues of patients hospitalized especially at intensive care units. The aim of the study is to determining the opinions of nurses that work at intensive care units on meeting the needs relating with sleep and rest of hospitalized patients and mapping, what interventions they use to prevent of occurrence of difficulties in this area.

The theoretical part at first describes physiology of sleep and biological rhythms, then sleep disorders, then factors affecting sleep along with the consequences of the lack of sleep and last nursing process for patients with sleep disorder.

The empirical part presents the results of questionnaire survey and then results of executed statistical analysis. Established hypothesis not have been assumed in results of survey statistical significant difference between answers of respondents divided according to type of workplace, length of experience, level of education and specialized qualification. Except some items of questionnaire was possible based on results of statistical analysis the hypothesis accept.

Although the responses in the majority of nurses suggest thoughtfulness to patients and efforts to mitigate the disruptive factors, their interventions do not equate. It is therefore essential that changes to improve the quality of sleep and rest patients requested the sisters that this issue do not assign great importance, precisely ward nurse and chief doctor within their control position, and could thereby cause as possible to improve the conditions for quality sleep and rest patients.

keywords:

sleep, sleep disorders, sleep deprivation, circadian rhythms, needs, critical ill, intensive care