

## Suggested Protocol for Overnight Briefs

- Apply at night—at resident's bedtime
- Resident should be disturbed as little as possible
- Keep lighting at a minimum—do not turn on overhead lights
- Use light from bathroom or flashlight if repositioning is necessary
- Keep talk to a minimum and speak softly
- If necessary, check for wetness and/or bowel movement
- Continue to monitor resident as needed

### **GENERALLY NO NEED TO CHANGE IF:**

- No bowel movement is present

### **DO CHANGE IF:**

- Significant change in wetness indicator
- Leakage occurred and linens are soiled
- Bowel movement present

### **5 AM CARES:**

- Remove brief, complete peri-care, apply a daytime brief

### **NOTES:**

- If a resident is having loose stools do not use the overnight brief.
- If resident routinely has a bowel movement at bedtime, apply overnight brief after peri-care.
- REMINDER: If wetness occurs before 4AM, apply another overnight brief. If after 4AM, perform peri-care, and apply a daytime brief.
- Remember— if there are residents who void heavily and need to be toileted at night, apply brief after.

The goal is for our residents to obtain quality sleep and decrease behaviors/resistance to cares, and/or fatigue during the day.

THANK YOU!