



Guideline for the Use of Overnight Briefs

The benefits of a good night's sleep might outweigh the risk of not being changed. The benefits of an overnight brief may include:

- Less daytime lethargy
- Less risk of falls associated with incontinence
- Less insomnia
- Increased activity participation
- Decreased inappropriate behaviors
- Improved appetite

GOALS

- Resident-centered care
- Appropriate utilization of high-capacity (overnight) brief
- Maintain skin integrity
- Maintain resident dignity
- Prevention of sleep deprivation

Resident must meet two or more criteria to qualify for an overnight brief:	Document justification for brief use. Please describe. Be specific. List medications and dosage.
Uses two or more diuretics, or is on higher than average dose (greater than 40 mg twice a day)	
Wets bed and/or clothes consistently after the individualized check and change period	
Diagnosis of diabetes, congestive heart failure, tube feeding, or intravenous fluids	
Behavior issues such as wandering, and/or inability to sleep if awakened during the night	

Other comments: _____

Family/resident discussion _____

Date: _____

NOTE:

- If used, overnight briefs should be applied per resident care plan.
- If used other than night, care plan should specify times briefs are to be used and justification for use.
- Use of overnight brief should be listed on the care plan along with reason for use.
Examples on the care plan could be: "prevent sleep deprivation," "improve sleep pattern," "maintain resident dignity," "prevention of behavioral episodes"
- Enclose a copy of this form with the care plan.