

**Interrupted Sleep: the number one risk elders face in traditional Long-Term Care.**

## PROJECT TITLE: **Restorative Sleep Vitality Program (RSVP)**



Missouri Coalition Celebrating Care Continuum Change (MC5) in partnership with Missouri Department of Health and Senior Services and Empira are looking for 30 LTC Communities to participate in a restorative sleep project.

### PROJECT GOAL: Support resident health and well-being by:

- Helping elders have a more restful and refreshing sleep throughout the night
- Providing more active engagement during the day to promote better sleep.

### Requirements for participation:

- Remain active in the RSVP program from 2018 through 2019
- Licensed Skilled Nursing Home in Missouri and in good standing with DHSS
- Develop and track 5 interventions to reduce sleep disturbances at night
- Develop and track 3 interventions to keep residents awake and engaged during the day
- Participate in at least 3 full-day educational sessions at an off-site location
- Assign a RSVP team leader who will:
  - Provide Monthly Facility Level Casper Reports
  - Establish a QAPI program with RSVP as a PIP
  - Utilize the PDSA method with QI techniques
  - Provide turnover rates within the QAPI team monthly
  - Provide the number and quality of PDSA cycles completed or attempted goals monthly
  - Provide any change in Administrator or Director of Nursing.
  - Submit all requested data or reports to support efforts timely.
  - Report any barriers, problems, or concerns to the Collaborative Coach.



*(Participation is voluntary and there is no compensation.)*

Collaborative Project Coach- Dave Walker Collaborative Project Coordinator- Alexis Roam

**Application deadline is January 15, 2018**

Applications can be found at [www.momc5.com](http://www.momc5.com) or contact Dave Walker at [walkerdavi@missouri.edu](mailto:walkerdavi@missouri.edu)

