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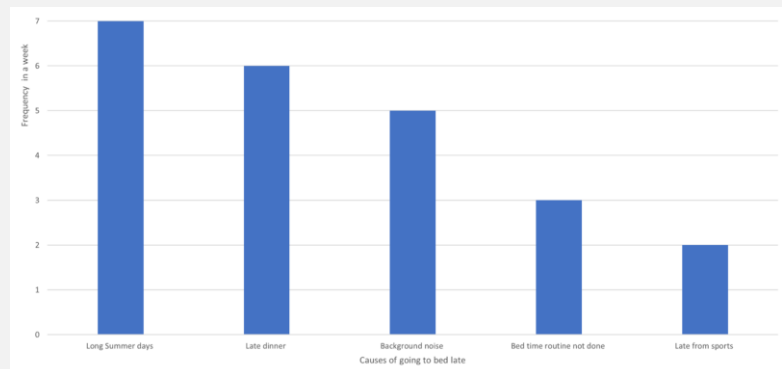
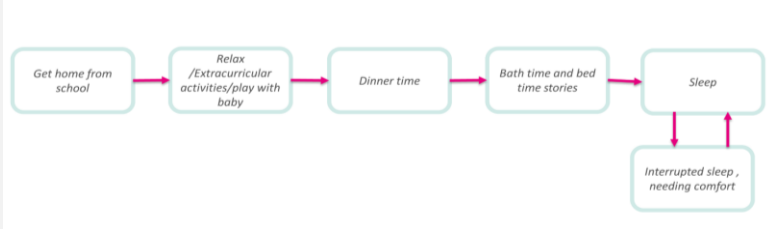
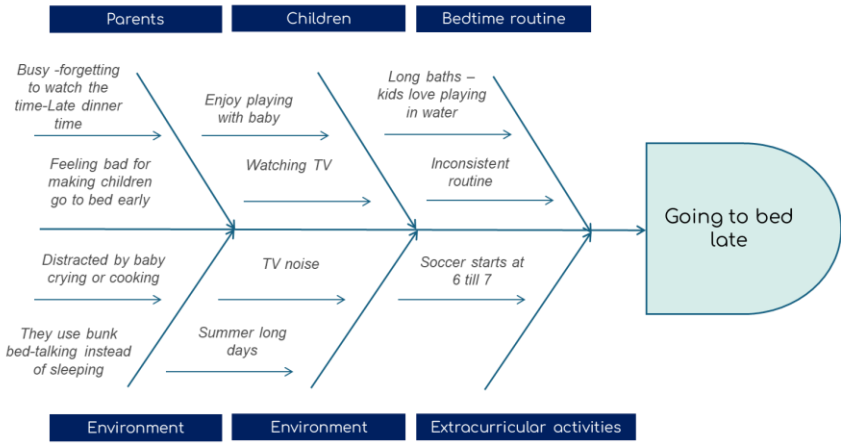


PROBLEM

My children have been going to bed late since I gave birth to my youngest. This has caused overtiredness for all of us. Them waking up not well rested, affecting their school performance. Making me frustrated and angry at myself.

DIAGNOSTICS

Fishbone diagram template



AIM & MEASUREMENT DEFINITION

Aim
By end of August 2024, 2 of my eldest children will be asleep by 2030 during weekdays

Chosen measure
Whether my children are in bed at 20:30 or not. Score 1 means they are in bed before 20:30, score 0 means either or both children are not in bed by 20:30

Inclusions
Weekday nights

Exclusions
Bank holidays, days with special events e.g. soccer, days when not feeling well, school holidays

Sampling method and frequency
After collecting your baseline measure (retrospectively if possible) continue to collect small amounts of data on a regular basis throughout your tests of change

CHANGE IDEAS

- Meal prepping
- Bathing every other day
- new duvet covers
- Give children incentive
- Giving ourselves as parents rewards too
- Read interesting bedtime stories, look for a fun activity to do in their rooms before sleeping
- Feed the 3-year-old during dinner
- Asking to change working day
- Changing football and swimming sessions
- Get a nanny

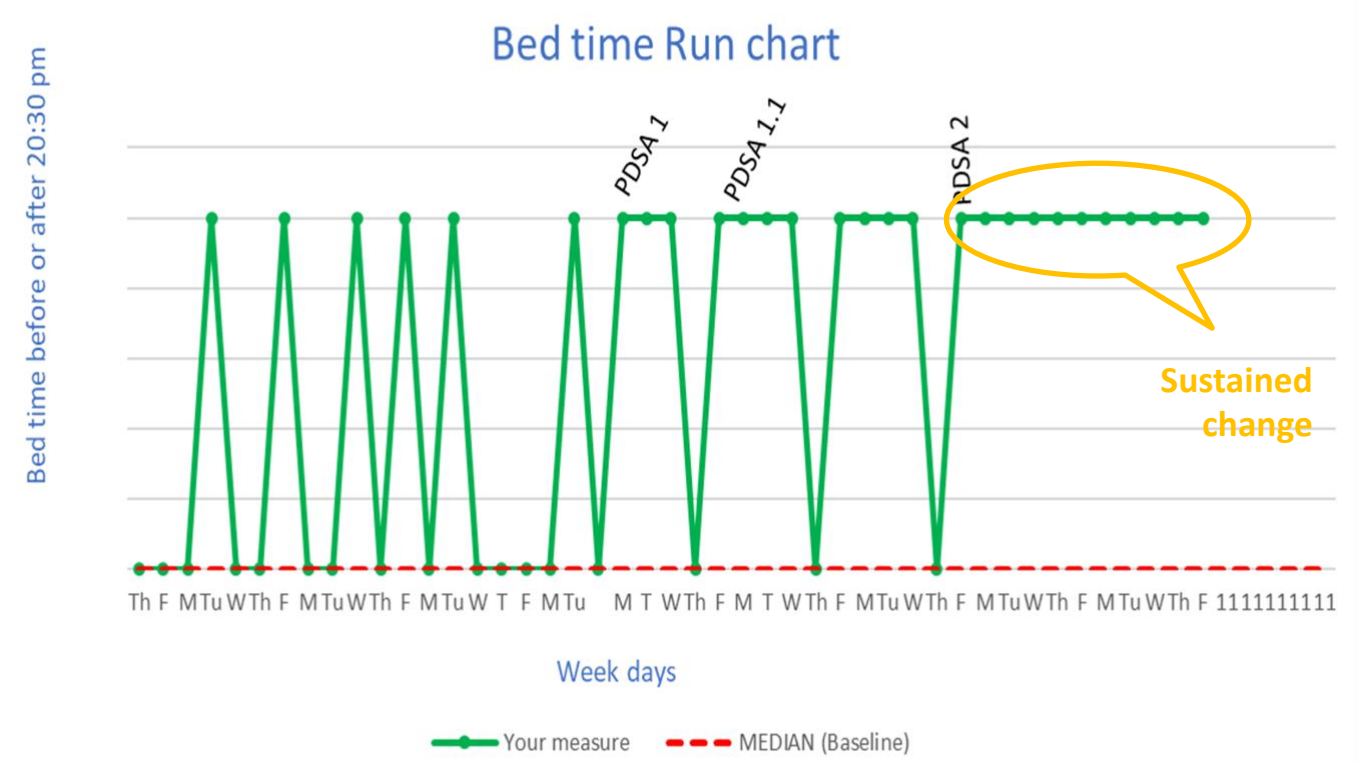
PDSA cycles

PDSA Test #	PLAN	DO	STUDY	ACT
1	Prepare 5 meals with the help of my husband for the coming week on a Saturday before	Week 1 - meals prepared on the 10 th August. I ended up having to prepare them on my own as the kids needed to go to the park, so my husband took them. I also had a delay as I realised, I did not have a crucial ingredient that I needed to make one of the meals.	I managed to prepare the meals but I missed out on also taking my children out. I felt very tired at the end of the day. Results showed a decrease in the number of days that my children go late to bed to only 1 out of 5 days.	I adapted the plan and decided to prepare the meals early in the morning and also to make sure that I have all the ingredients available the night before.

PDSA Test #	PLAN	DO	STUDY	ACT
1.1	Prepare 5 meals with the help of my husband for the coming week on the morning of Saturday before, making sure all the ingredients are available the night before preparation.	I wrote down the plan of the meals for the coming week and listed all the ingredients and checked if all ingredients were available the night before. We had breakfast and started preparing the meals together with my husband, whilst the children were engaged playing games.	We managed to prepare the meals. This time I was not as exhausted afterwards as I had help. We had no delays, and we managed to take our children out together in the afternoon. Results showed a decrease in the number of days that my children go late to bed to only 1 out of 5 days.	Adopt this Plan. Try to move the soccer training from Thursday to Saturday.
2	Ask the soccer club to change training days from Thursday to Saturday	I wrote an email to the soccer club to check if there was space for the Sunday training day. I was quite hesitant to do this but to my surprise they were very forthcoming.	This made a massive difference. I was able to get my children in bed by 20:30 on all weekdays.	Adopt



RUN CHART



REFLECTIONS & LEARNING

CONCLUSION & LEARNING

The aim to have my kids sleeping by 20:30 on all weekdays was achieved. By the end of the project, the contributing factors to late bedtime had been identified and addressed. I felt a sense of accomplishment seeing my children in bed by 20:30. This had a positive impact on my mood and on my relationship with my husband.

REFLECTIONS

Meal prepping contributed significantly to the achievement of the aim. Great efforts should be made to stick to this plan every week. We could also consider buying a larger freezer to allow for meal prepping every two weeks, saving even more time. We successfully adjusted the soccer training sessions, and similar efforts should be made to minimize after-school clubs that run late into the evening.

The QIClearn model was incredibly effective. Initially, I was unsure if it would work in a non-clinical setting, as I was on maternity leave. I was hesitant to engage with the program because of this. However, as the course progressed, I started feeling more confident, especially as my problem was broken down, explored, and approached through unique brainstorming methods for change ideas. The concept of using run charts and collecting data frequently was a game changer for me. I will certainly apply what I've learnt and use it in a clinical setting.

