

BACKGROUND

The Night Shift Council at UMC aims to enhance institutional knowledge by identifying and addressing overnight operational challenges. By collecting frontline insights and promoting evidence-based solutions, the council contributes to continuous improvement, supports professional development, and strengthens hospital-wide practices that optimize care delivery during the night hours.

PURPOSE

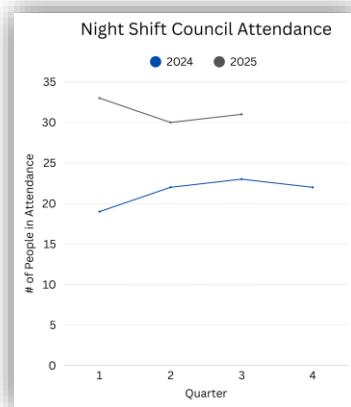
To enhance hospital-wide knowledge about the UMC Night Shift Council and its ongoing efforts to improve patient care, staff support, and workflow during night hours. By increasing awareness of the Council's initiatives, challenges addressed, and contributions to hospital operations, this Knowledge Enhancement project aims to foster greater understanding, collaboration, and recognition of the vital role night shift staff play in delivering high-quality care.

METHODS

- Educational Flyers and Infographics
- Unit Huddles and Council Spotlights
- Integrative Bulletin Boards



Quiet at Night
Quiet at Night is an initiative that was created to help improve our patients' quantity & quality of sleep and their perception of quietness at night. Through this initiative, quiet hours are defined as those hours between midnight-0500am, in which the goal is to try and maintain a quiet environment when the opportunity arises. Quiet kits, sleep menus, snacks, aromatherapy, and education material are all components of Quiet at Night and should be offered to each patient when applicable. These patients who are L2K, prisoners, or confused should not be given any Quiet at Night components due to the risk of self-harm. Please note that Quiet at Night **DOES NOT** mean the omission of care or that we should not round on our patients. Additional information can be found in your unit's Quiet at Night resource book or by contacting Danielle Porras or Vanessa Woody if you have any questions.



RESULTS

Following the use of educational flyers, unit huddle/council spotlights, and interactive bulletin boards, staff knowledge of the Night Shift Council's role significantly increased. More staff began attending Council meetings, showing greater interest and engagement.

CONCLUSIONS

- Night Council initiated and completed Quiet at Night initiative to improve patient outcome and satisfaction, which can attribute to decreased length of stay, improved overall health and healing, and maintain patient safety.
- Information dissemination given through huddles, UBC and staff meetings.
- Work along side with Ambassador Council to bring to UMC the "Fall Back Fair" event that celebrate nightshift workers by November 2025.

REFERENCES

References available upon request.

