



Informed Consent for Cross Sectional Surveys

إقرار موافقة للمشاركة بدراسة مقطعية

Study Title : Knowledge, Attitude, and Practices of Healthcare Workers Toward Healthy Sleep in Hospitalized Children.

Study No. : **NRC23R/006/01**

Principal Investigator : Dr. Tamer Abusido , Consultant of pediatric respirology and sleep medicine



You are requested to participate in research that will be supervised by Dr Tamer Abusido in Ministry of National Guard Health Affairs (MNGHA).

This study will study the healthcare workers perception and knowledge about sleep quality in hospitalized children.

Your participation is voluntary and you have the right to not complete this survey without giving any reason and this will not affect your current or future medical care in MNG-HA.

You do not have to sign this information sheet only you can choose to agree/disagree; your acceptance to complete the survey will be interpreted as your informed consent to participate.

Your responses will be kept anonymous. However, whenever one works with email/the internet there is always the risk of compromising privacy, confidentiality, and/or anonymity. Despite this possibility, the risks to your physical, emotional, social, professional, or financial well-being are considered to be 'less than minimal'.

If you have any questions about the research, please contact Dr. Tamer Abusido through the Email Abusidota@ngha.med.sa .

In case you have any enquiries related to your rights as a research subject you can contact the Institutional Review Board on Tel 8011111 Ext. 84-94456.

أنت مدعو للانضمام طوعاً لدراسة بحثية سوف يشرف عليها دز تامر ابوسيدو في مستشفى الملك عبدالله التخصصي للأطفال.

هذه الدراسة تهدف إلى دراسة وعي مقدمين الرعاية الصحية اتجاه جودة نوم المرضى المنومين بالمستشفيات.

إن مشاركتك في هذه الدراسة طوعية ولك الحق التام في عدم قبول تعبئة الاستمارة أو الانسحاب في أي وقت تشاء بدون ابداء الاسباب ولن يؤثر ذلك على العناية الطبية المقدمة لك حالياً أو في المستقبل في الشؤون الصحية بوزارة الحرس الوطني.

لا يجب عليك التوقيع على ورقة المعلومات هذه ، فقط عليك الاختيار موافق / غير موافق فمجرد قبولك تعبئة هذا الاستبيان يعتبر بمثابة إقرارك بالموافقة على المشاركة في هذا البحث .

ستبقى الردود على الأسئلة سرية ومع ذلك ، فإن العمل عن طريق البريد الإلكتروني والانترنت يبقى هناك احتمال الاختراق خصوصية البيانات وسرية المعلومات ولكن بالرغم من هذه الاحتمالية تبقى الاخطار البدنية والعاطفية والاجتماعية والمهنية والمالية المترتبة عليك ضمن الحد الأدنى من الخطورة.

إذا كان لديك أي أسئلة حول هذا البحث ، يرجى التواصل بالباحث الرئيسي دز تامر تبوسيدو من خلال البريد الإلكتروني Abusidota@ngha.med.sa .

في حال كان لديك الاستفسارات المتعلقة بحقوقك كموضوع بحث يمكنك الاتصال بمجلس المراجعة المؤسسية على هاتف 8011111 تحويلة 84-94456

- ☐ Agree to participate
☐ Disagree to participate

- ☐ موافق على المشاركة
☐ غير موافق على المشاركة

This information shall not be used, disclosed, or published
without written approval from King Abdullah International Medical Research Center

Version No. : (Please change according to your study)

Version Date: (Please change as appropriate)



Demographic information:

1. What is your profession?

- | | |
|---|--|
| ☐ Pediatric Resident PGY 1 | ☐ Pediatric Fellow (Specify the Sup-speciality...) |
| ☐ Pediatric Resident PGY 2 | ☐ Pediatric Consultant (Specify the Sup-speciality...) |
| ☐ Pediatric Resident PGY 3 | ☐ Pediatric Nurse (Working in General Ward) |
| ☐ Pediatric Resident PGY 3 | ☐ Pediatric Nurse (Working in High Dependency Unit) |
| ☐ Pediatric Surgery Resident (Specify: PGY 1 – PGY 2 – PGY 3 – PGY 4 – PGY 5 – PGY 6). | ☐ Pediatric Nurse (Working in pediatric Intensive Care) |

2. Sex:

- | | |
|---------------------------------|-------------------------------|
| ☐ Female | ☐ Male |
|---------------------------------|-------------------------------|

3. Age range:

- | | |
|--------------------------------------|--------------------------------------|
| ☐ 20-30 years | ☐ 51-60 years |
| ☐ 31-40 years | ☐ 61-70 years |
| ☐ 41-50 years | |

4. Years of experience:

☐ _____

5. How many hours of sleep education did you receive throughout your entire school curriculum?

- | | |
|--------------------------------------|--------------------------------------|
| ☐ 0-5 hours | ☐ 15-20 hours |
| ☐ 5-10 hours | ☐ > 20 hours |
| ☐ 10-15 hours | |

6. Do you find this an adequate amount?

- | | |
|------------------------------|-------------------------------------|
| ☐ Yes | ☐ Don't know |
| ☐ No | |

7. How often do you address sleep-related issues in clinical practice?

- | | |
|--|--|
| ☐ Never/seldom (less than 1x per month) | ☐ Often (1x per week or more often) |
| ☐ Sometimes (1-3x per month) | |

8. If sometimes or often:

What kind of sleep therapies/interventions do you apply? (multiple answers are allowed)

- | | |
|--|---|
| ☐ Sleep medication (e.g. melatonin) | ☐ Advice (about sleep hygiene / healthy sleep practices) |
| ☐ Behavioural intervention | ☐ Referral to sleep clinic |
| ☐ Light therapy | ☐ Other: _____ |

How disruptive do pediatric patients and their parents perceive the following factors to sleep in the hospital?¹

	Not disruptive at all	Somewhat disruptive	Quite a bit disruptive	Extremely disruptive
Vital signs	1	2	3	4
Continuous pulse ox (if applicable)	1	2	3	4
Medications	1	2	3	4
Drawing blood or other test	1	2	3	4
Pain	1	2	3	4
Feeling anxious	1	2	3	4
Noise (all sources)	1	2	3	4
Staff conversation	1	2	3	4
Alarms on equipment	1	2	3	4
Room temperature	1	2	3	4
Nurse/Physician interruption	1	2	3	4
Cleaning staff interruption	1	2	3	4
Respiratory Therapist interruption (if applicable)	1	2	3	4

¹ Modified from Grossman MN, Anderson SL, Worku A, et al. Awakenings? Patient and hospital staff perceptions of nighttime disruptions and their effect on patient sleep. J Clin Sleep Med. 2017;13(2):301–306.

How effective do you feel the following interventions would be at reducing noise in the hospital at night?²

	Very effective	Effective	Ineffective	Unsure
Education of staff in the hospital	1	2	3	4
Posting signs in the unit about noise reduction	1	2	3	4
Turning pagers/portable phones to vibrate	1	2	3	4
Turning down ringers on phones in room	1	2	3	4
Lowering voices of staff conversations	1	2	3	4
Closing patient doors when appropriate	1	2	3	4
Reducing use of continuous monitors and alarms when not clinically indicated	1	2	3	4

² Modified from Kaur H, Rohlik GM, Nemergut ME, Tripathi S. Comparison of staff and family perceptions of causes of noise pollution in the Pediatric Intensive Care Unit and suggested intervention strategies. Noise Health. 2016;18(81):78.

Please rate your level of agreement with the following statements regarding a **child's sleep**

	Strongly Disagree	Disagree	Agree	Strongly Agree
Getting adequate sleep is important for a child's health	1	2	3	4
Children get less sleep in the hospital than at Home	1	2	3	4
I Know how many hours my pediatric patient needs to sleep per night.	1	2	3	4
Maximizing pediatric patients' sleep in the hospital is important in helping them recover	1	2	3	4
I know how to help pediatric patients sleep better in the hospital	1	2	3	4
I am doing what I can to help pediatric patients sleep in the hospital	1	2	3	4

Please rate your level of agreement with the following statements regarding **parental sleep**

	Strongly Disagree	Disagree	Agree	Strongly Agree
A parent getting adequate sleep is important for his or her child's health	1	2	3	4
Parents get less sleep in the hospital than at home	1	2	3	4
Maximizing parent sleep in the hospital is important in helping children recover	1	2	3	4
I know how to help parents sleep better in the hospital	1	2	3	4
I am doing what I can to help parents sleep in the hospital	1	2	3	4

³ Modified from Peirce LB, Orlov NM, Erondy AI, Anderson SL, Chamberlain M, Gozal D, et al. Caregiver and staff perceptions of disruptions to pediatric inpatient sleep. J Clin Sleep Med. 2018;14(11):1895–902.

Please choose one:

Have you ever been hospitalized? Yes No

Are you a parent? Yes No

Has your child ever been hospitalized? Yes No Not applicable