Effect of milk-honey mixture on the sleep quality of coronary patients: A clinical trial study

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SUMMARY

Background: Admission of patients in coronary care units can lead to sleep disorders due to advanced monitoring and interventions. Inappropriate sleep quality in cardiac patients may be influenced by their health status. So, this study was performed to detect the effect of Milk-honey mixture on sleep status of acute coronary syndrome patients in the coronary care unit.

Methods: A clinical trial study (registered under IRCT.ir with identifier no. IRCT201309285134N7) was conducted with 68 hospitalized patients with the acute coronary syndrome in the coronary care unit of a referral hospital in Semnan, Iran. After hospitalization of patients and selected eligible patients, sleep status of them was measured by Richards—Campbell Sleep Questionnaire in range of 0 to 100 score. Then patients were divided into the intervention and control groups randomly. Patients in the intervention group were received milk-honey mixture twice a day for three days. The control group patients were received routine care. In the third day, sleep quality of patients in the two groups was measured again. Finally, the data were analyzed by descriptive and inferential statistics.

Results: The mean and standard deviation of patients’ age was 63.12 ± 32.63. There was no significant difference in sleep scores on the first day of admission between the two groups (P = 0.914). But, on the third day of admission, there was a significant difference in sleep scores between the intervention and the control groups (P = 0.001).

Conclusion: The mixture of milk and honey improves the sleep status of patients. So, it can be considered as an effective and affordable intervention to enhance the sleep quality of patients with the acute coronary syndrome in coronary care units.

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1. Introduction

Sleep organize the biologic process that is considered an important part of human life [1]. The insufficient sleep can influence the human health status and quality of life [2]. Serious illness, and admission to hospital can affect the patients’ sleep quality [3,4]. Usually, the admitted patients into the critical care settings are at the risk of sleep disorders due to various procedures and monitoring devices [5]. More than 50 percent of patients in the intensive care units suffer from sleep disorders that are introduced by factors such as therapeutic procedures, underlying medical illness, noise and lighting [6,7]. Orwelius et al. were reported that the sleep disorders in patients in the critical care units were higher than other units [8]. In this regard, the coronary care units are one of the areas that can disturb the sleep of patients too. For example, in a study, the patients with heart failure disease were at the risk of sleep disorders [9]. In Skobel et al. study, one-third of patients that hospitalized in heart rehabilitation centers had sleep apnea [10]. Also, Sepetvand et al. in their study on 220 patients that admitted into the cardiac critical care unit reported 81 percent of them had sleep disorders. Finally, they were concluded developing a specific caring program is necessary to enhance the sleep quality of patients [11]. Sleep disorders

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