The Nursing Night Council (NNC) at Mission Hospital, Asheville, NC, is making a difference for their patients and their co-workers. One of their projects has been the addition of 460 illuminated computer keyboards, which allows nurses to chart at night without turning on lights that disturb their patients. With the help of NNC facilitator, Tina Barnes, MSN, RN, NEA-BC, Manager, Professional Nursing Practice, Center for Nursing Excellence, the council attained the keyboards for 30 units across the hospital.

NNC Chair, Liz Allen, RN, CCRN, Cardiovascular Recovery Unit/Intensive Care Unit (CVRU/CVICU), said the illuminated keyboards “are beneficial for letting patients sleep without turning on lights. There is less sleep disruption with no glaring light on the patient.” She continued, “The take away from this is that staff nurses came to the council to make it happen. Leadership listened, and we made a difference.”

NNC leaders proudly show off the illuminated keyboards. Left to right are:

Liz Allen, RN, CCRN, CVRU/CVICU
Tina Barnes, MSN, RN, NEA-BC, Manager, Professional Nursing Practice, Center for Nursing Excellence, and
Hannalie Lindsey, RN, PCCN, Cardiovascular Progressive Care

Following are other projects the NNC has completed or has in process through collaboration with other departments and nursing leaders:

- Extension of cafeteria hours at night by one hour to allow night staff longer access to hot foods;
- Box lunches for patients after regular hours;
- More educational opportunities at night;
- Consistent on-call flexing guidelines across the hospital;
- Policy for floating guidelines.

The council’s co-chair Hannalie Lindsey encourages other night staff to participate in making a difference, “We are glad to serve and be advocates for night staff. Bring your suggestions to our council and be a part of making night shift better for all of us.”

NNC meets the third Wednesday of each month from 1730 to 1830 in 501 Biltmore Old Boardroom. Night nurses are encouraged to attend.