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**Fundamental of Nursing II**

**Case Analysis 2**

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**Course instructor: Dr. Omar Almahmoud.**

**Jack Harrison is a 36-year-old police officer assigned to a highcrime police precinct. One week ago he received a surface bullet wound to his arm. Today he arrives at the outpatient clinic to have the wound redressed. While speaking with the nurse, Mr. Harrison mentions that he has recently been promoted to the rank of detective and has assumed new responsibilities. He states that since his promotion, he has experienced increasing difficulty falling asleep and sometimes staying asleep. He expresses concern over the danger of his occupation and his desire to do well in his new position. He complains of waking up feeling tired and irritable.**

**Physical Examination and Diagnostic Data**

**Height: 185.4 cm (6′2″)**

**Weight: 85.7 kg (189 lb)**

**Temperature: 37.0°C (98.6°F)**

**Pulse: 80 beats/min**

**Respirations: 18/min**

**Blood pressure: 144/88 mmHg**

**CBC within normal range,**

**x-ray left arm: evidence of superficial soft tissue injury**

**Q1. Write appropriate nursing diagnosis for Mr. Harrison ?**

**Insomnia r/t anxiety ( a.e.b difficulty falling and remaining asleep, fatigue, and irritability)**

**Q2. What further information would be helpful to obtain from Mr. Harrison about his sleep problem?**

**His diagnostic test showed via x-ray left arm that there is evidence of superficial soft tissue injury( the pain will affect his sleeping negatively) , and he has a high blood pressure because of anxiety( stress) as result of the action of Sympathetic Nervous system, & he is feeling tired and irritable and suffering from difficulty falling asleep, and we should to know the health history about the patient to make the nursing diagnosis and care performance more effective.**

**Q3. What interventions or suggestions can you make that may help him develop better sleep habits?**

**1. Sleep Enhancement : include these actions**

**-** Determine the client’s sleep and activity pattern.

- Encourage Mr. Harrison to establish a bedtime routine to facilitate transition from wakefulness to sleep.

**2. Security Enhancement: include these actions**

**-** Discuss specific situations or individuals that threaten Mr. Harrison or his family.

-Assist him to use coping responses that have been successful in the past.

**3. Anxiety Reduction: include these actions**

**-** Encourage verbalization of feelings, perceptions, and fears.

- Determine the client’s decision-making ability.

**Q4. What are the most common problems that interfere with clients’ ability to sleep?**

1. **Illness**
2. **Environment**
3. **Lifestyle**
4. **Emotional stress**
5. **Stimulants and alcohol**
6. **Diet**
7. **Smoking**
8. **Motivation**
9. **Medications**

**Q5. What medication you as a nurse recommend Mr.Harrison to enhance his sleeping habits ?**

**1. Hypnotics**

**2. Beta-blockers**

**3. Narcotics**

**4. Tranquilizers**

**References :**

**1. Kozier & Erb’s , Fundamentals of Nursing book , 10th edition ,**

**Chapter 45 (Sleep) .**