**Fundamental of Nursing II**

**Case Analysis 2**

**Student’s Name:** Yafa Abu Layya1201212 **Date:** 1/6/2021

Jack Harrison is a 36-year-old police officer assigned to a high crime 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

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

Insomnia related to anxiety.

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

- Ask him if he takes medications and what they are? To see if this medication is affecting his sleep.

- Where does he live, to know if there is any noise? Or if he has a newborn?

- At what light level does he sleep?

And there is more...

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

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

- Discuss with Mr. Harrison and his family comfort measures, sleep promoting techniques, and lifestyle changes that can contribute to optimal sleep.

- Monitor bedtime food and beverage intake for items that facilitate or interfere with sleep.

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

Illness, Environment, Lifestyle, Emotional stress, Stimulants and alcohol, Diet, Smoking, Motivation and Medications.

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

Hypnotics, Beta-blockers, Narcotics and Tranquilizers.

* **References: -**

Chapter45: Sleep from the book.