

# Don't be chicken game



# Question

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You are caring for Mr. Leopard, a 64-year-old male with a history of obesity, diabetes, and hypertension. He shares that he has been having difficulty sleeping. As his student nurse, you recall that sleep is vital to

- A. Factors in general health
- B. Recovery from illness
- C. Pain control and tolerance
- D. All of the above



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## FUNCTIONS OF SLEEP



### Influences:

- Memory
- Mood
- Cognitive function
- Secretion of hormones
- Immune function
- Body temperature
- Kidney function



### Promotes:

- Adequate rest and sleep:
- Factors in general health
- Recovery from illness
- Pain control and tolerance



### Inadequate:

- Daytime drowsiness and fatigue
- Irritability
- Depression
- Impaired concentration and memory
- Accidents and illness

(Williams, pg. 620)

# Question

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You ask Mr. Leopard about his sleeping states. He shares every night he has vivid and active dreams. You associate this state as

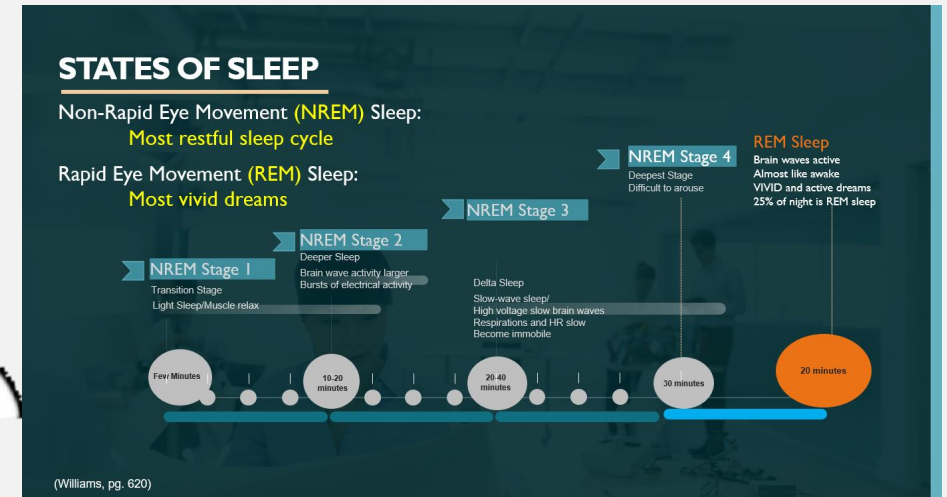
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2. NREM Stage 2
3. NREM Stage 3
4. REM Stage 4-REM Sleep



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Mr. Leopard states “I just wish I could stay in the deepest stage longer.” You recognize Mr. Leopard is referring to

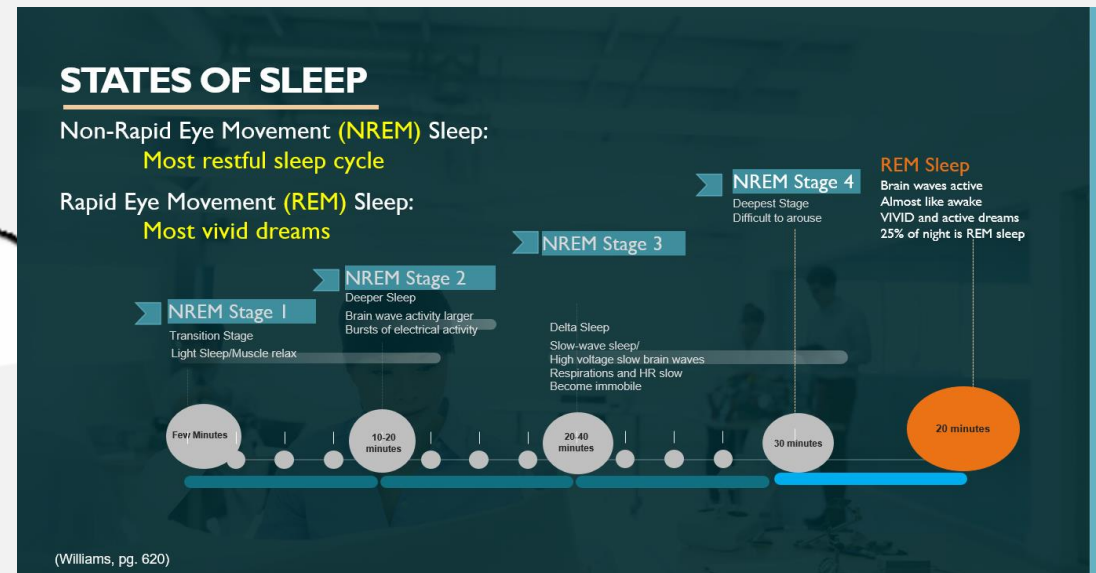
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# Question

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Mrs. Leopard brought her son, Tiger, into the clinic today. She shares Tiger is often yawning during the day and Mr. Leopard is concerned he is not getting enough hours of sleep. You education her sharing her son should have

1. 16 hours of sleep
2. 12-14 hours of sleep
3. 10-12 hours of sleep
4. 9-10 hours of sleep
5. 7-7/5 hours of sleep

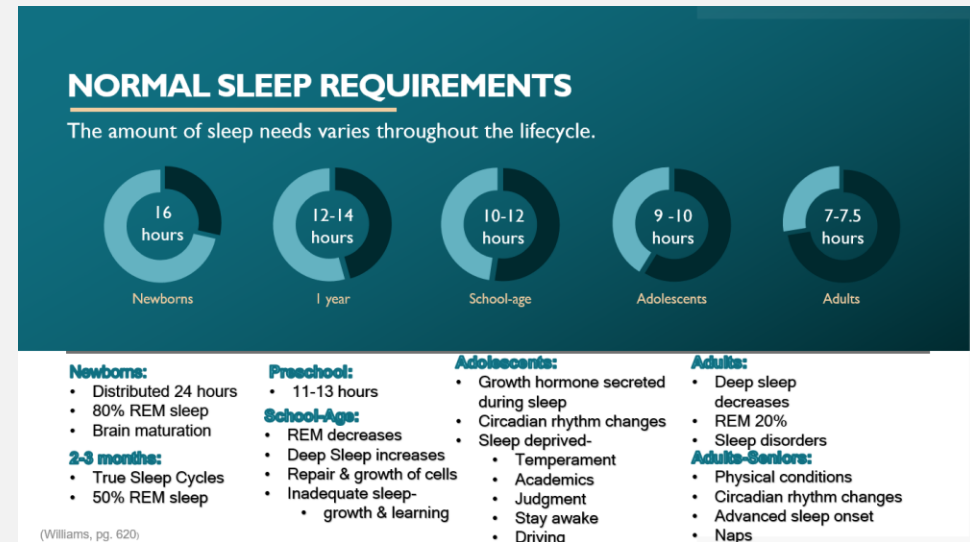
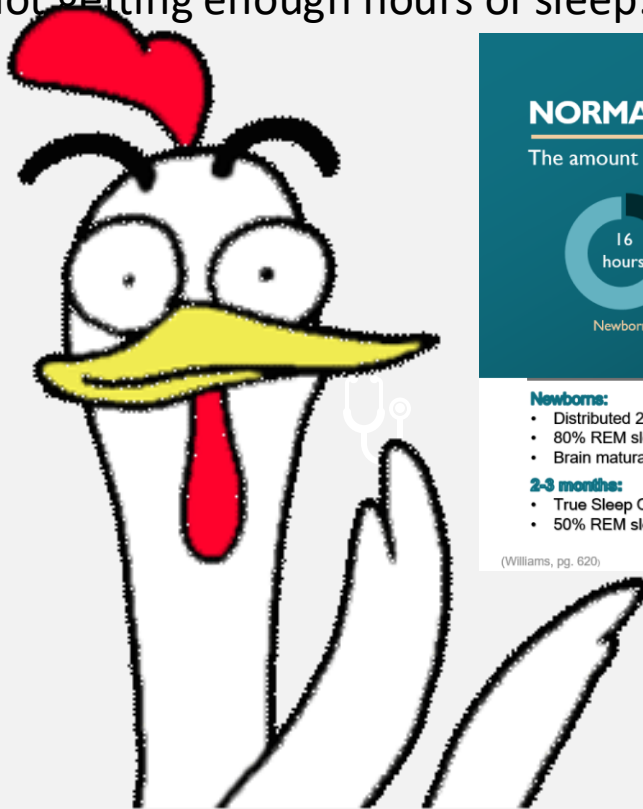




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# Question

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While discussing Tiger's sleep requirements, Mrs. Leopard asks about her teenage daughter's sleep requirements. She shares she is concerned about her daughter, as "when she doesn't get enough sleep, she can be difficult to deal with." You know that adolescent sleep deprivation can lead to changes in their temperament.

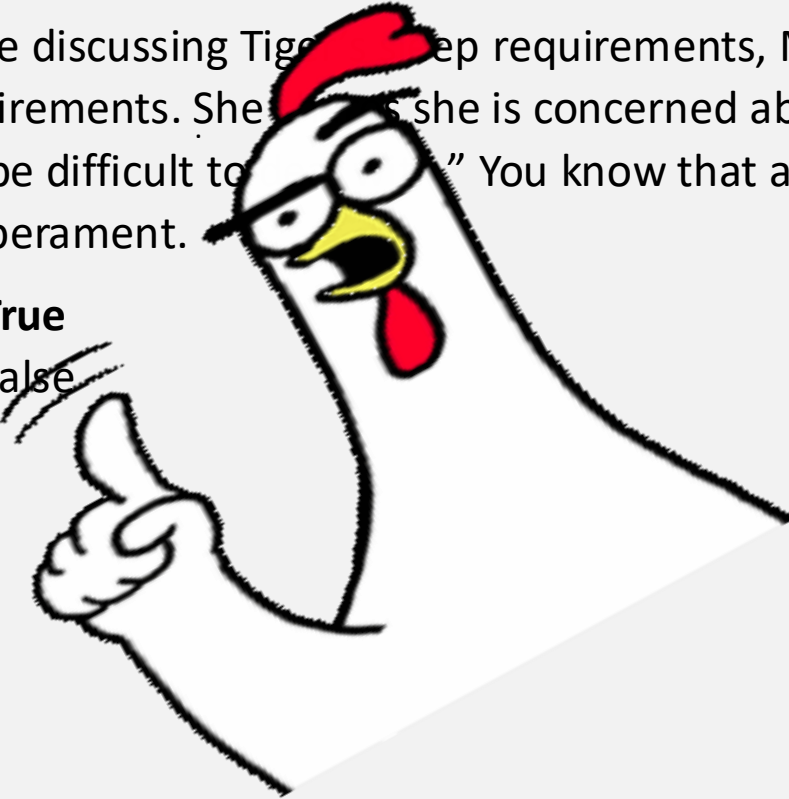
1. True
2. False



# Question

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1. True
2. False



## NORMAL SLEEP REQUIREMENTS

The amount of sleep needs varies throughout the lifecycle.



### Newborns:

- Distributed 24 hours
- 80% REM sleep
- Brain maturation

### 2-3 months:

- True Sleep Cycles
- 50% REM sleep

### Preschool:

- 11-13 hours

### School-Age:

- REM decreases
- Deep Sleep increases
- Repair & growth of cells
- Inadequate sleep-
  - growth & learning

### Adolescents:

- Growth hormone secreted during sleep
- Circadian rhythm changes
- Sleep deprived-
  - Temperament
  - Academics
  - Judgment
  - Stay awake
  - Driving

### Adults:

- Deep sleep decreases
  - REM 20%
  - Sleep disorders
- ### Adults-Seniors:
- Physical conditions
  - Circadian rhythm changes
  - Advanced sleep onset
  - Naps

(Williams, pg. 620)

# Question

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You are reviewing Mr. Leopard's lifestyle history. Below are some of the questions you are planning on asking. What are the rationales for asking these questions?

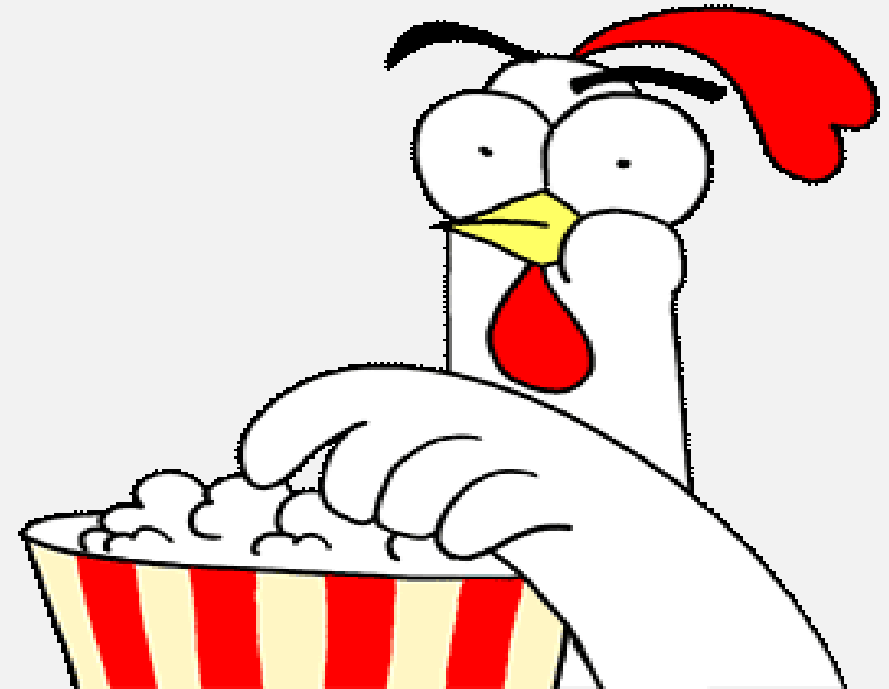
1. What shift you do work?
2. Are you a student?
3. Have you traveled lately?
4. How often do you drink caffeinated or alcoholic drinks?



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# Question

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Mr. Leopard shares his cousin is experiencing sudden-onset, recurrent, and uncontrollable brief episodes of sleep during hours of wakefulness. What condition does his cousin have?

- 1) Insomnia
- 2) Sleep apnea
- 3) Narcolepsy
- 4) REM sleep



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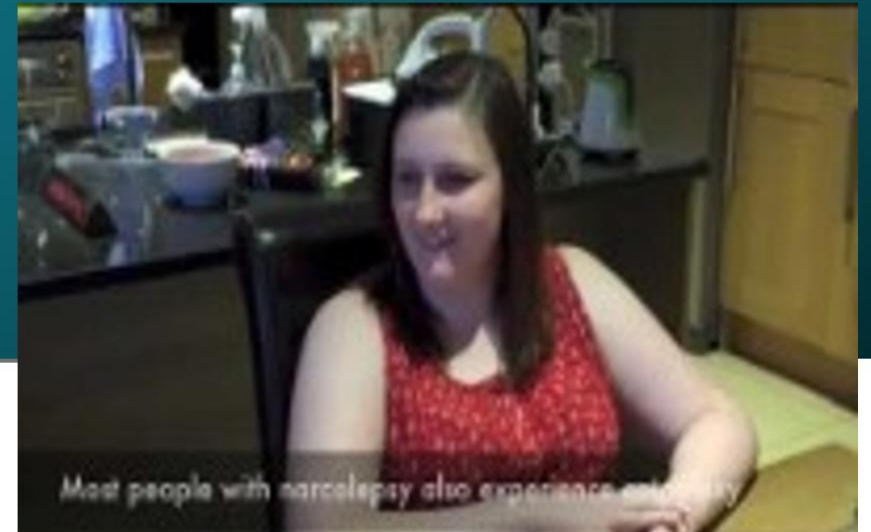
## NARCOLEPSY

Sudden onset, recurrent, uncontrollable episodes of sleep during normal waking hours

Few seconds to more than 30 minutes

Symptoms usually begin by 25 years old

- No cure-stimulant medications and behavioral therapy, regular exercise, exposure to sunlight
- Sleep log and diaries



# Question

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Mr. Leopard has a sleep study done. His results show he has obstructive sleep apnea. You remember that obstructive sleep apnea is caused by

- a. Failure of brain to communicate with respiratory muscles
- b. Relaxation of soft tissues and/or obstructive bony structures
- c. Both a and b





# Question

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### SLEEP APNEA



#### Obstructive Apnea:

- Most common
- Caused by relaxation of soft tissues, bony structures obstructing airway
- Has visible respiratory effort-but may not move air past the obstruction
- Often do not remember waking
- [Obstructive Sleep Apnea Animation](#)

(ProPlayerSleep, 2013)

#### Central Apnea:

- Less common
- Caused by failure of brain to communicate with respiratory muscles
- Cessation of breathing with no observable respiratory effort
- As oxygen saturation decreases-breathing is resumed
- [What is Central Sleep Apnea?](#)

(Whitneysleepcenter, 2013)

#### Mixed Apnea:

- Combination of obstructive and central

(Williams, pg. 621)

# Question

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Knowing Mr. Leopard is diagnosed with obstructive sleep apnea, you expect he will be **immediately** evaluated for

- a. Surgery
- b. Dental Appliance
- c. Continuous Positive Airway Pressure (CPAP)



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## SLEEP APNEA TREATMENTS



### Obstructive Sleep Apnea

- Continuous Positive Airway Pressure (CPAP)
- Small compressor to maintain airflow via mask or nasal prongs
- Dental appliance to reposition the tongue or jaw
- Surgical procedures to correct obstruction



### Central Apnea:

- Does not respond to CPAP
- Treated by specialist



### Mixed Apnea:

- Combination of obstructive and central

# Question

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- What is a potential nursing diagnosis for Mr. Leopard?
- What is the goal for Mr. Leopard?
- What nursing interventions would you implement for Mr. Leopard?
- In evaluating the nursing interventions, what would you measure to know if he has met the goal?



# Question

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- Your client, who is a 1 day post-op abdominal surgery, is asking for a sedative to help sleep. Before you administer the sedative, you consider?
- A. What she had for dinner
- B. If pain is causing her difficulty in sleep
- C. If she is going home tomorrow



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# Question

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One difference between barbiturates and non-barbiturates is

- A. Barbiturates are used more today than non-barbiturates
- B. Side effects are more severe with barbiturates than non-barbiturates
- C. Only Barbiturates treat insomnia and anxiety
- D. Only Barbiturates can cause respiratory distress



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# Question

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You are caring for a 85 year old client in the hospital who is having a difficult time sleeping. The client has an order for a sedative. You remember the age of the client and consider...

- A. The time of administration
- B. May need a smaller dose
- C. Ensure safe environment
- D. Last vital signs
- E. All of the above



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You are caring for a 85 year old client in the hospital who is having a difficult time sleeping. The client has an order for a sedative. You remember the age of the client and consider...

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Your client is having surgery at 0700 in the morning. The client's has an order to give a sedative this evening at 10:00 pm. You consider this order...

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- B. Not appropriate



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10:00 pm will give 7-8 hours of sleep where client will be awake by 5:00-6:00 am for surgery

# Question

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You are working in the clinic and taking a client's history. They share they are wanting to have their sedative prescription refilled for 3 months. You believe and remember ...

- A. This is a reasonable request
- B. Most clients have sedatives ordered for 3 months
- C. The client is in pain
- A. Sedatives should not be taken for more than 2 weeks



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You are educating your client before they go home. They mention they have allergies and often take antihistamines for their symptoms. They have a prescription for a sedative for 2 weeks. What is important to discuss with them?

- A. Always take the antihistamine with the sedative for optimal results
- B. Take the sedative first, drink a full glass of water, then take the antihistamine
- C. Only take the antihistamine in the evening
- D. Educate the client that the antihistamine may enhance the effects of the sedative



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# References

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