

Nursing Care Plan

Patient: Michael Keys

Care Plan By: Jackie White

Date Initiated: 14 September 2028



Diagnosis

- Disrupted sleep patterns due to anxiety and panic attacks.



Goals & Outcomes

- After 7 days of intervention, the patient should learn pre-sleeping habits which will help improve sleep.



Intervention

- Assess and evaluate factors that trigger internal and external sleep disruption.
- Obtain data on normal sleep patterns including sleep duration and daytime sleeping habits (if applicable)
- Teach patient relaxation exercises to calm nerves and anxiety.
- Instruct patient not to check mobile devices, do stressful office work at least 2 hours before sleeping, or take stimulants (coffee, chocolate, medication) at night.
- Provide medication to address anxiety if earlier intervention modes are ineffective.



Evaluation

1. SHORT TERM:

After one hour of intervention, patient understood which internal and external factors affect sleep quality.
GOAL MET

2. LONG TERM

After adequate nursing intervention, patient minimized internal and external triggers to anxiety and panic and was able to achieve uninterrupted sleep.
GOAL MET

Easy Care Plan Guide

Ireland-Gannon Associates

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the Ireland-Gannon Associates text.

Easy Care Plan Guide:

Consumer-centered Computer-supported Care for Healthy People Hyeoun-Ae Park, Peter Murray, Connie White Delaney, 2006 Intended for nurses and informatics experts working with informatics applications in nursing care administration research and education This book's theme Consumer Centered Computer Supported Care for Healthy People emphasizes the central role of the consumer and the function of information technology in health care Cancer Survivorship Sourcebook, 3rd Ed. James Chambers, 2020-03-01 Consumer health information about living with cancer after diagnosis making cancer care decisions coping with complications of treatment and maintaining wellness after treatment Includes index glossary of related terms and other resources Medical-surgical Nursing Care Planning Guides Susan Puderbaugh Ulrich, Suzanne Weyland Canale, Sharon Andrea Wendell, 1998 This edition aims to provide the tools to plan comprehensive and individualized patient care in an efficient timely manner helping the reader incorporate nursing diagnosis into nursing practice It includes detailed care plans rationales for the actions in each plan and a separate chapter that addresses 24 of the most commonly used nursing diagnoses in medical surgical nursing Each care plan includes an explanation of the disease process or surgical procedure lists of common diagnostic tests discharge criteria nursing and collaborative diagnoses their aetiologies and actions and specific outcomes and nursing actions for each diagnosis The book comes with a diskette containing 20 care plans *Nursing Care Planning Guides, Set 3* Margo Creighton Neal, Patricia Feltz Cohen, Phyllis Gorney Cooper, 1983 *A Handy Guide to Fish Culture, Or, Fish Culture Made Easy* J. J. Armistead, 1897

Acquisition Management United States. Air Force. Systems Command, 1976 Ortho's All about Pruning Judy Lowe, 1998-12 Primer on trimming trees shrubs and vines Teaches when and how to prune Comprehensive encyclopedia provides pruning instructions for 180 trees shrubs and vines Nursing Care Plans Meg Gulanick, 1990 Easy-care Landscape Plans Ireland-Gannon Associates, 1995 Presents forty one professionally designed front and backyard landscape plans Cassell's household guide Cassell, Ltd, 1877 **The Bricks 'n Blooms Beautiful and Easy-Care Flower Garden Planner** Stacy Ling, 2025-03-11 This comprehensive planner from master gardener Stacy Ling helps green thumbs design plant and grow their flower gardens in an organized more manageable way What was the variety of that coreopsis again When did I plant those snapdragons and pinch them back How long did the zinnias start blooming after planting the seedlings If these are the types of questions you're struggling to answer each season this user friendly planner will be your go to place where you can quickly reference all the information about your garden what you planted when you planted it how it performed and what you would do differently in the future The Bricks n Blooms Beautiful and Easy Care Flower Garden Planner will help you in six key areas Understanding your garden Designing and planning Planting and growing Tracking seasonal gardening tasks Creating a gardening calendar Reviewing flower and plant performance Get more joy out of your easy care flower garden when you plan for beautiful things to grow **The Journal of Nursing Education**, 1988

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