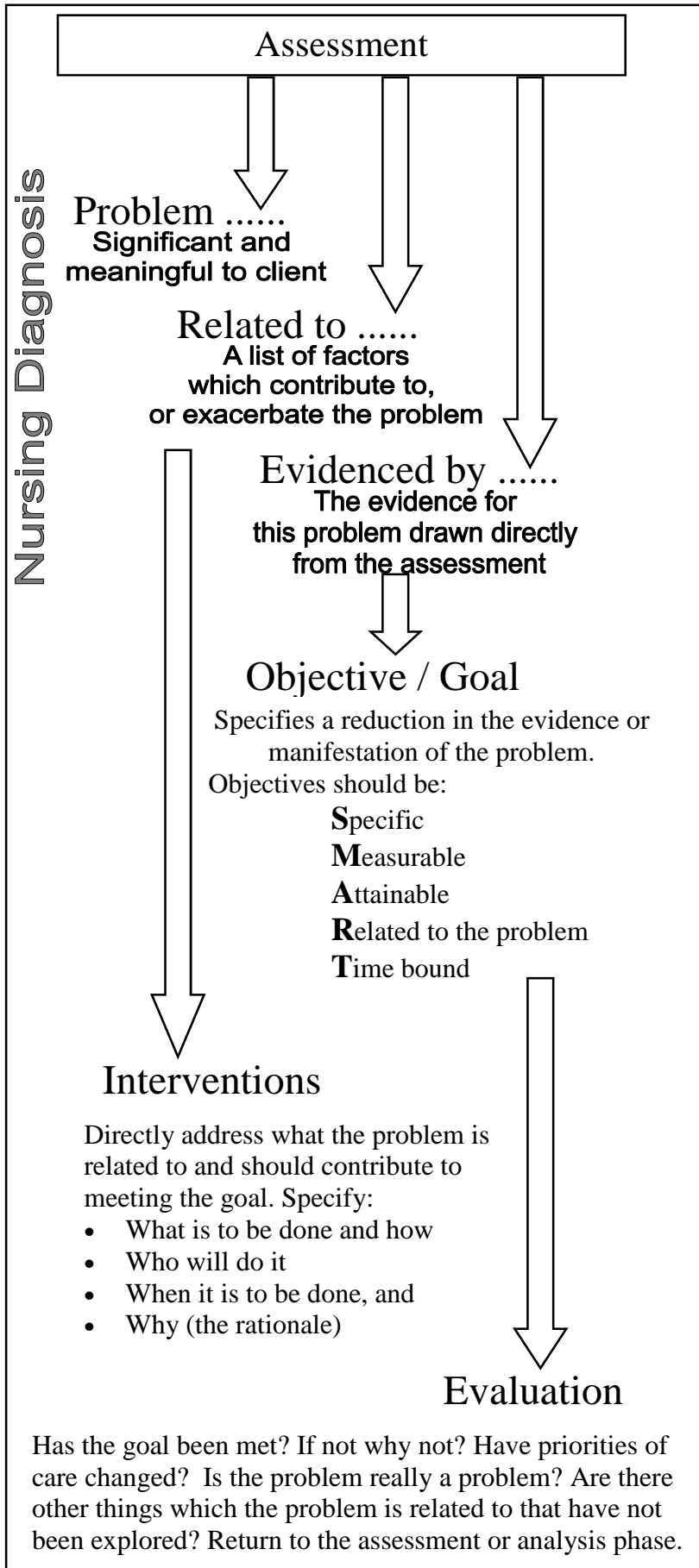


Constructing a Care Plan

By Richard Lakeman © 1999

For students the careplan may serve as a learning tool and as a means to demonstrate knowledge and problem solving abilities. It is important to understand the relationship between the elements of the careplan which are illustrated on the left. An example (which may be considered incomplete) is also provided.



Assessment Data

- Client acknowledges having difficulty falling asleep at night.
- Client usually sleeps for seven hours each night but recently has only experienced 5 hours per night.
- Client has recently increased coffee intake to over 20 cups per day.
- Client has no established sleep routines.
- Client has recently changed employment to a more

Problem

Sleep disturbance related to:

- excessive caffeine intake
- ? change in exercise / rest pattern
- ? lack of sleep routine

Evidenced by client stating that he “feels exhausted” and is sleeping approximately 5 hours per night.

Goals

- 1 In one weeks time client will state that he feels rested upon waking in the morning.
- 2 In one weeks time the client will report having slept for at least six hours on the preceding night.

Interventions

- 1 On xxx the nurse will instruct client to keep a sleep diary - including bed time, rising time, estimate of amount of sleep, caffeine intake and time of exercise (*A sleep diary can facilitate insight into the relationship between factors which may affect sleep and provide a means to evaluate interventions*).
- 2 Contract with client to reduce caffeine intake by three cups each day and avoid coffee after 6 pm (*Caffeine is a stimulant which may directly affect sleep. However, abrupt withdrawal may lead to an increase in anxiety*).
- 3 Client to experiment and report on the effectiveness of drinking warm milk instead of caffeinated drinks in the evening (*Milk contains the amino acid L-tryptophan which is the precursor to serotonin - the primary neurotransmitter of the raphe system*)

Evaluation

Client achieved both objectives. The client noticed that when he exercised vigorously late in the evening he had difficulty falling asleep. He has changed his exercise schedule to early morning.