

Covenant School of Nursing
Instructional Module 4 Learning Guide
Sleep, Sleep Disorders, Nurse Fatigue

Learning Goals/Outcomes
Upon completion of this lesson, you will be able to: <ul style="list-style-type: none">• Assess factors that contribute to sleep, insomnia, and narcolepsy.• Compare and contrast interventions, consequences, and treatment of sleep imbalance.• Formulate appropriate outcomes for sleep, insomnia, and narcolepsy.• Identify the ethical-legal parameters for nursing practice related to nursing fatigue.• Discuss pharmacologic treatments and information about those treatments available for a patient with a sleep disorder.
Pre-Class Preparation
Required: <ul style="list-style-type: none">• Watch Khan Academy Videos:<ul style="list-style-type: none">◦ Sleep Disorders (5 min)◦ Sleep Stages and Circadian Rhythms (8 min)• Read Lewis, Medical-Surgical Nursing, (11th ed.)<ul style="list-style-type: none">◦ Sleep Disorders Chapter 7, pages 88-95, 98-99• Read Lehne's Pharmacology for Nursing, (10th ed.)<ul style="list-style-type: none">◦ "Sedative-Hypnotic Drugs, Chapter 34 Additional Resources: National Sleep Foundation: https://sleepfoundation.org/ <ul style="list-style-type: none">◦ HESI Material: Refer to HESI exam 1 material
Learning Activities
Classroom Activities: <ul style="list-style-type: none">• Lecture/ Voiceover PowerPoint• Audience Participation Questions• Video Clips• Muddy Waters Laboratory/Clinical Activities: <ul style="list-style-type: none">• Case Studies• Identifying/Recognizing medications related to sleep disorders in clinical setting Out of Class/Computer Assisted Activities: <ul style="list-style-type: none">• Unit Quiz• HESI Case Studies and Practice Tests: Sleep Patterns
Evaluation Methods
<ul style="list-style-type: none">• Unit Exam• Classroom Participation and discussion• HESI Adaptive Quizzing• HESI Fundamentals Examination, proctored

Texas DECs	QSEN Competencies
<p>Knowledge IA 1a-c, 2, 4; IB 1a-3; IIA 1a-b, 2a-b, 3, 4; IIB 1, 2, 4, 5, 6, 7, 8, 9, 11, 12; IIC 1a-b, 2a, 3, 4a-b, 5, 6, 7, 8; IID 1a-d, 2, 3a, 4c, 5a; IIE 1a-b, 2, 3a-b, 4a-b, 5, 6a-b, 7, 8, 9, 10, 11a, 12, 13; IIF 1, 2, 3; IIG 1b, 2a-b, 3a-b; IIIA 1, 2, 3, 4, 5; IIIB, 1 a, b, 2; IIID 1a-c; IVA 4 a-b, 5a; IVC 3, 4a-b, 5; IVF 1, 2 a-d, 3, 4ab; IVG 3 a-c, 4a.</p> <p>Clinical Judgments and Behaviors IA 1, 2, 3a-b; IB 2a-b, 3 a-c, 5 a-c, 6 a-c, 7- 9; IC 2, 5; ID 1; IIA 1, 2 a-b, 3; IIB 1, 2, 3a-b, 4-9a; IIC 1-3a, 2, 4-7; IID 1, 2 a; IIE 1, 2 a-c, 4, 5 a-b, 6 a-c, 10, 11, 12 a, 13; IIF 1a, 2 a, 3 a-b, 4, 5a-b; IIG 1, 5b, 6, 7; IIH 4, 5a, 6a; IIIA2, 3, 4, 5a; IIIB 1, 2, 3a-c, 4, 5, 8, 9; IIID 1, 2, 3; IIIE 1, 3; IVA 1; IVB1a-b, 2, 3c; IVC 1a-c, 2 a-c; IVD 1a-b; IVE 1a-c, 2a-c, 3a, 4.</p>	<p>Evidence-Based Practice Patient-Centered Care Safety Teamwork & Collaboration</p>
IM Student Learning Outcomes	NCLEX Test Plan
<p>1, 2, 3, 4, 5, 6, 7, 8</p>	<ul style="list-style-type: none"> • Health Promotion and Maintenance <ul style="list-style-type: none"> o Risk factors • Physiological Integrity <ul style="list-style-type: none"> o Basic Care and Comfort <ul style="list-style-type: none"> ▪ Rest & Sleep • Physiological Integrity <ul style="list-style-type: none"> o Pharmacological & Parenteral Therapies <ul style="list-style-type: none"> ▪ Non-Pharmacological Comfort Intervention • Physiological Integrity <ul style="list-style-type: none"> o Physiological Adaptation <ul style="list-style-type: none"> ▪ Alterations in Body Systems ▪ Illness Management ▪ Unexpected Response to Therapies • Physiological Integrity <ul style="list-style-type: none"> o Pharmacological & Parenteral Therapies <ul style="list-style-type: none"> ▪ Pharmacological Intervention
Concepts	Faculty
Sleep, Safety, Evidence-based Practice	Sheryll Mae M. Coulombe, MSN, RN-BC
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