

**INTERACTIVE PLAN OF CARE EXAMPLE -- NURSING DIAGNOSES: SLEEP DEPRIVATION DISTURBANCE**

<b>Patient Problem Textbook Content</b>	<b>CCC of Nursing Diagnosis</b>	<b>CCC Code</b>	<b>Comment</b>
Sleep Pattern Disturbance	Sleep Pattern Disturbance (Activity Component)	A01.6	
<b>Goal/Outcome</b>	<b>Expected Outcome</b>		
<ul style="list-style-type: none"> <li>Patient shows no physical sign indicative of sleep deprivation</li> </ul>	<ul style="list-style-type: none"> <li><u>Sleep Pattern Disturbance</u> <ul style="list-style-type: none"> <li>Improve</li> <li>Stabilize</li> <li>Deteriorate</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>A01.6.1</li> <li>A01.6.2</li> <li>A01.6.3</li> </ul>	
<b>Intervention/Process</b>	<b>Intervention / Action Types</b>		
<ul style="list-style-type: none"> <li>Educate patient in such relaxation technique as imagery,</li> </ul>	<ul style="list-style-type: none"> <li><u>Sleep Pattern Control</u> <ul style="list-style-type: none"> <li>Assess / Monitor</li> <li>Care / Perform</li> <li><u>Teach</u> / Instruct</li> <li>Manage / Refer</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>A04.1.1</li> <li>A04.2.2</li> <li>A04.3.3</li> <li>A04.4.4</li> </ul>	
	<b>Actual Outcomes</b>		
	<ul style="list-style-type: none"> <li><u>Sleep Pattern Disturbance</u> <ul style="list-style-type: none"> <li>Improved</li> <li>Stabilized</li> <li>Deteriorated</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>A01.6.1</li> <li>A01.6.2</li> <li>A01.6.3</li> </ul>	<ul style="list-style-type: none"> <li>Provides evidence that patient able to sleep all night.</li> </ul>