

CASE STUDY: MR. MARTINEZ HAS INSOMNIA

Mr. Martinez is a 45-year-old adult male of Hispanic descent with high cholesterol and high blood pressure. He is overweight and smokes cigarettes. He works at a construction company. When Mr. Martinez presented to the clinic, he said he was worried about his risk of having a heart attack and dying young like his father.

When taking Mr. Martinez's history, you learn that he suffers from insomnia. You take a general health, sleep, and medication history. You also perform a mental status exam. Based on his history, your examination of him, and his negative history of sedative medications, you decide to explore his insomnia further. You give him a sleep diary to track how long it takes him to fall asleep, how often he wakes, and how long he is awake. Mr. Martinez returns in a month with several nights of his sleep diary completed. He also provides you with information about his sleep hygiene (sleep habits and environment). The data he provides indicate possible chronic insomnia. It is unclear if his apparent insomnia is caused by a separate health condition (secondary insomnia) or if it is its own disorder (primary insomnia).

Following the clinical guideline for the evaluation and management of chronic insomnia in adults,²⁷ you suggest an overnight sleep assessment (nocturnal polysomnography). You will consider the results of the overnight sleep test in light of his overweight, cigarette smoking, and possible anxiety. It is also possible that he has sleep apnea, which is defined as abnormal pauses in breathing or shallow breathing while sleeping. In some cases, sleep apnea causes insomnia. The overnight sleep assessment will include testing to evaluate him for sleep apnea. Mr. Martinez agrees with the plan and he is comfortable with the expense.

1. What evidence-based practice questions does this case study bring to mind for you in terms of epidemiology and diagnosis? Write a focused clinical question that includes a specific condition or outcome, patient demographics, and patient risk factors.
2. Locate one resource that addresses your focused clinical question.
3. Identify the following information about the resource:
 - a. What type of resource is it (review article, qualitative research, randomized-control trial, etc.)?
 - b. Identify where the resource would be placed on the evidence pyramid.
4. Share your question and your resource with a partner. Discuss your answers to 3a and 3b with one another. Help one another determine if you have made the correct assessment. Also, discuss the following:
 - a. Does the resource apply to the patient?
 - b. What are the implications of the resource regarding the question you set out to answer?
 - c. What further information would you need, if any, in order to answer your question.