Abstract 061
Category: Research on nursing diagnosis

TITLE: **Integrative literature review on the predictors of insomnia in adults: support for identifying the nursing diagnosis**

AUTHORS: Guandalini, L.S., Santos, V.B., Lopes, C.T., & Barros, A.L.B.L.

Introduction with problem statement:
The NANDA-I nursing diagnosis (ND), *insomnia* (00095), is based on 20 bibliographic references published from 1999 to 2003[1]. Because updated related factors and associated conditions (ReFAC) support clinical reasoning towards an accurate diagnosis, the aims of this study were to summarize evidence in the literature on the predictors of insomnia in adults, and to determine correspondences with the RFAC of the ND, *insomnia*.

Methods:
This was an integrative literature review[2]. Articles published in English, Portuguese or Spanish from 2011-2015 were searched in Pubmed, the Health Virtual Library and CINAHL databases. Twenty-eight studies investigating predictive factors for insomnia by analyzing data through multivariate regression were included.

Results and discussion:
30 predictors were found, out of which 11 correlated with NANDA-I, i.e., they have an updated scientific basis: pharmaceutical agent, hormonal change, anxiety, environmental barrier, alcohol consumption, depression, inadequate sleep hygiene, physical discomfort, stressors, fear and grieving. However, "average daily physical activity is less than recommended for gender and age" and "frequent naps" do not seem to be supported by current literature as possible causes of insomnia. Case-control or cohort studies are needed to establish this relationship reliably. The 19 additional predictors for which no correspondence was established with NANDA-I ReFAC are candidates for inclusion in the classification.

Impact on the discipline:
Awareness of the predictors of insomnia can support nurses in the early identification and support for patients' needs. The possible causes of insomnia among the predictors can be submitted to NANDA-I and help improve nursing students' clinical reasoning.

References
1. Herdman TH, Kamitsuru S. NANDA International Nursing Diagnoses: Definitions and Classification, 2018-2020. 11 ed. New York: Thieme Publishers, 2017.
2. Whittemore R, Knafl K. The integrative review: updated methodology. Journal of Advanced Nursing 2005; 52: 546-553.