

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
1) Identify reliable and validated tools appropriate for use in the assessment of depression, sleep impairment, pain and quality of life in patients with sickle cell disease.	1. Summary of Current Knowledge 2. Project Description 3. Brief Description of Assessment tools a) The Patient Health Questionnaire (PHQ-9) b) The Pittsburgh Sleep Quality Index (PSQI) c) The Quality of Life Scale (QOLS) d) Numerical Rating Pain Scale (NRS) and Simple Descriptive Pain Scale (SDPS).
2) Describe the impact that sleep impairment and depression have on pain levels and quality of life in patients with sickle cell disease.	1. Outcomes 2. Implications for Nursing and Persons with Sickle Cell Disease