

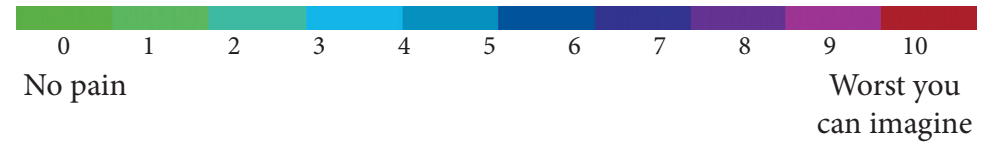


Your Menu of Personal Comfort Items

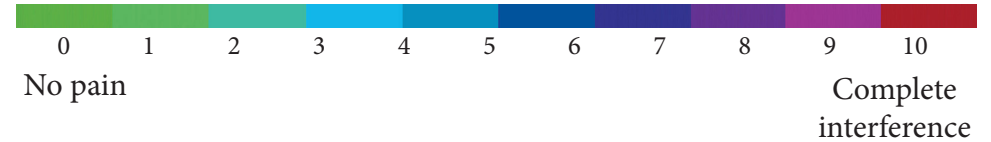
How is your pain?

Your comfort is important to your recovery and well-being. You are the most important member of our healthcare team. We depend on you to describe your pain so we can help you feel better quickly. So tell us about your pain and how you're feeling.

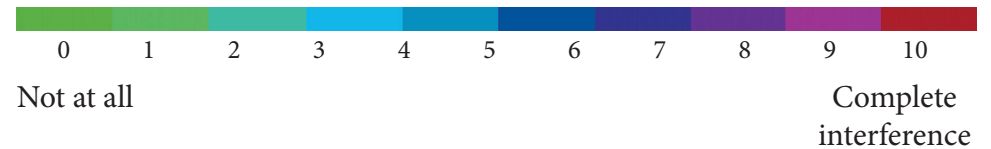
What number best describes your pain on average in the past week?



What number best describes how, during the past week, pain has interfered with your **enjoyment of life**?



What number best describes how, during the past week, pain has interfered with your **general activity**?



Menu of Comfort Items Available

Sleep

- Warm bath or shower
- Essential oil
- Darkness
- Night Light
- Quiet
- Music
- No interruptions
- Herbal tea
- Snack or sandwich
- Massage
- Television
- Sound machine

Relaxation

- Soothing sounds recording
- Stress ball
- Aromatherapy

Entertainment

- Adult coloring book
- Book (large print, audio)
- Magazine
- Deck of cards
- Reading visit
- Talking visit

Feeling Better

- Shampoo
- Scalp massage
- Toothbrush and floss
- Mouthwash
- Pet visit
- Prayer
- Pastoral care visit
- Meditation
- Deep breathing
- Guided imagery
- Sunshine
- Lollipop
- Chocolate
- Walk in the hallway
- Gentle stretching

Comfort

- Warm blanket
- Warm washcloth
- Extra pillows
- Ice pack
- Hand massage
- Neck pillow
- Temperature adjustment
- Lotion
- Lip balm
- Repositioning
- Straightening bed linens



Nursing Home's Name

Nursing Home's mission statement

Nursing
Home's
Logo

