

Notes



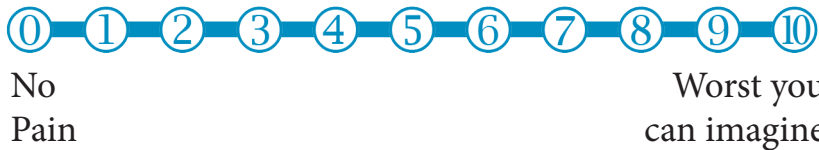
Your Menu of Personal Comfort Items

How is your pain?

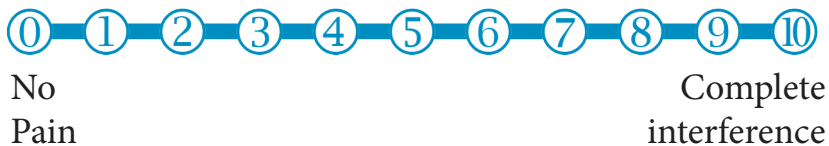
Your comfort is important to your recovery and well-being. You are the most important member of our healthcare team.

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 are feeling.

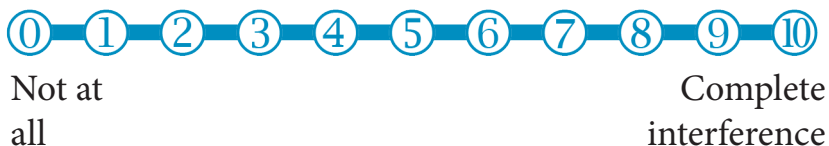
What number best describes your pain on average in the past week?



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

Feeling Better

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

Relaxation

- Soothing sounds recording
- Stress ball

Comfort

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

Entertainment

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