**Suggested Answers to Assignments, Chapter 21, Comfort and Rest**

| Written Assignments | Learning Objective(s) |
| --- | --- |
| Assignment #1. Students will complete Chapter 21 of *Lippincott Workbook for Nursing Assistants.* | 1–12 |
| Assignment #2. Students’ responses may include:   * Irritability * Irregular heartbeat * Decreased ability to cope with problems * Crying easily * Problems concentrating, paying attention, remembering information, or making decisions * Falling asleep during routine activities | 1, 3 |

| Group Assignments | Learning Objective(s) |
| --- | --- |
| Assignment #1.  Students’ responses should include:   * The person is awake frequently during the night * The person lies awake for long periods before falling asleep * The person seems sleepy during the day * The person gets up frequently during the night to urinate * The person shows signs of pain or discomfort   Nursing assistants could do the following:   * Encourage increased activity during the day * Increase a person’s exposure to daytime lighting, especially sunlight, during the day. * Limit time for naps during the day * Avoid giving caffeinated beverages in the afternoon or evening * Promote relaxation in the evening—give a warm bath, or a massage * Offer a snack at bedtime * Assist with basic hygiene and elimination just before bedtime * Create a comfortable environment * Position the person carefully, using good body alignment | 3, 4 |
| Assignment #2. Factors that may have affected students’ responses to pain may include:   * Pain threshold * Pain tolerance * Culture * Upbringing * Age * Past experience with pain | 5, 6 |
| Assignment #3. Students’ discussion should include:  Differences between heat and cold   * Heat   + Reduces pain and swelling   + Promotes circulation   + Speeds healing   + Relieves muscle spasms   + Provides warmth   + Accelerates the inflammatory response   + Promotes healing * Cold   + Reduces pain and swelling   + Reduces muscle spasms   + Numbs sensation and controls bleeding   + Reduces fever   Body’s response to heat   * Dilates blood vessels   + Increases blood flow and speeds healing by bringing more oxygen, nutrients, and infection-fighting white blood cells to the area   Body’s response to cold   * Constricts blood vessels   + Reduces blood flow to the tissues, resulting in decreased bleeding and swelling   Safety factors a nursing assistant must consider include:   * Keep heat and cold applications on for no longer than 20 minutes * Check the skin underneath a heat application every 5 minutes for signs of burn (red or pink skin) * Check the skin underneath a cold application every 5 minutes for signs of burn (pale skin that does not turn pink quickly) * Stop heat and cold applications if any evidence of burning or blistering occurs, and report to the nurse immediately | 10, 11 |

| Clinical Assignments | Learning Objective |
| --- | --- |
| Assignment #1. Students should observe for and report:   * Facial expressions such as grimacing or gritting the teeth * Moaning * Crying * Restlessness * Calling out * Rubbing an area of the body that is in pain * Resisting care * Redness or swelling in an area * Profuse sweating * Changes in a person’s vital signs * Changes in a person’s behavior | 7 |
| Assignment #2. Students’ reports to the nurse should include:   * The location of the pain * Radiation of the pain * Characteristics of the pain   + Aching   + Throbbing   + Stabbing   + Piercing   + Dull   + Sharp   + Cramping   + Burning   + Constant   + Intermittent * Intensity of the pain   + Student utilizes a pain scale * Circumstances surrounding the pain   + When did it start   + What the person was doing when it started   + If the person ever experienced similar pain before   + What makes the pain feel better or worse * Student will obtain and report vital signs including temperature | 8, 9 |

| Web Assignments | Learning Objective(s) |
| --- | --- |
| Assignment #1. Students can enter “effects of sleep on the body” to find such websites as:  <https://www.forbes.com/sites/alicegwalton/2016/12/09/7-ways-sleep-affects-the-brain-and-what-happens-if-it-doesnt-get-enough/#5988d8aa753c>  <https://www.verywellhealth.com/top-health-benefits-of-a-good-nights-sleep-2223766>  <http://healthysleep.med.harvard.edu/need-sleep/whats-in-it-for-you/health> | 1, 2 |
| Assignment #2. Students can enter “chronic lack of sleep in young people” to find such websites as:  <http://www.apa.org/monitor/oct01/sleepteen.aspx> | 1, 3 |
| Assignment #3. Students can enter “effect of culture on pain” to find such websites as:  <https://journals.lww.com/nursingmadeincrediblyeasy/Fulltext/2009/05000/The_effect_of_culture_on_pain.2.aspx> | 6, 7 |