**Suggested Answers to Discussion Topics, Chapter 21, Comfort and Rest**

| Suggested Answers for Topics for Discussion | Learning Objective(s) |
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| 1a. Students’ responses should include the following:   * Her advanced age * Environment * Pain * Chronic health conditions * Emotional concerns * Sleep disorders   1b. Students’ responses should include the following:   * Respect the resident’s sleep preferences * Keep bedtime environment quiet and restful * Use appropriate night lighting * Assist the resident into a comfortable sleeping position * Refer to Box 20-1 * Notify the nurse if the resident:   + is awake frequently at night   + has difficulty falling asleep   + reports difficulty sleeping   + is sleepy during the day   + reports difficulty sleeping as a result of pain, frequent need to urinate, anxiety, or environmental factors   1c. Students’ responses should include the following:   * Never assume a resident is pain-free because they fail to report pain. * Never assume the resident is exaggerating reports of pain. * Refer to Figure 20-3 for examples on nonverbal signs of pain. * Sudden change in personality may be an indicator of pain. * Refusal to participate in certain activities may be an indicator of pain.   1d. Students’ responses should include the following:   * Question the resident regarding the pain’s:   + Location—is it in one place or does it radiate?   + Characteristics—does it burn, ache, throb, stab, etc.   + Intensity—use a pain scale (refer to Table 20-1).   + Circumstances—what makes the pain worse or better? * Reporting the resident’s pain to the nurse is important because doing so helps: * assess what’s causing the problem * determine the appropriate treatment | 3, 4, 7, 8, 9 |
| 2a. Students’ responses should include the following:   * To relax the back muscles that are in spasm. * To relieve his pain. * To bring more blood flowing into the area carrying oxygen and nutrients to the muscle tissue that has been in spasm. * Accelerates the inflammatory response, promoting healing. * Decreases muscle and joint stiffness.   2b. Students’ responses should include the following:   * Do not apply the heating pad directly to the skin without a protective cloth cover. * Do not leave the heating pad on for more than 20 minutes. * Check the skin under the heating pad every 5 minutes. * Stop treatment immediately if there is any evidence of burning, such as bright red skin or very pale skin. Report this to the supervising nurse immediately. * Report to the nurse any complaints of pain, burning, or stinging. * Observe for relief of discomfort and report this to the nurse.   2c. Students’ responses should include the following:   * Make a person feel relaxed and comfortable. * Provide distractions from the pain. * Pay attention to the client’s positioning needs. * Provide massages when and where appropriate. * Take your time when providing client care. * Ask the client regularly about the presence of pain and report to the nurse immediately. | 10, 11, 12 |