**Assignments, Chapter 21, Comfort and Rest**

| Written Assignments | Learning Objective(s) |
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| Assignment #1. Complete Chapter 21 of *Lippincott Workbook for Nursing Assistants*. | 1–12 |
| Assignment #2. Recall an experience you’ve had when you failed to get a good night’s sleep. Write a short paragraph describing how you felt the next day, and how well you performed at work or school. | 1, 3 |

| Group Assignments | Learning Objective(s) |
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| Assignment #1. Make a list of objective signs nursing assistants may notice that indicate a patient or resident is having difficulty sleeping, and what the nursing assistant could do to promote rest and sleep. | 3, 4 |
| Assignment #2. Share with the group any experience you’ve had with pain, acute or chronic. Include how you responded to the pain and what factors may have affected your response. | 5, 6 |
| Assignment #3. Discuss the differences between heat and cold applications, the body’s responses to heat and cold, and the safety factors the nursing assistant must consider when applying heat or cold. | 10, 11 |

| Clinical Assignments | Learning Objective |
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| Assignment #1. While caring for patients or residents in your clinical area, observe for nonverbal signs that a person may be experiencing pain and report your observations promptly to the nurse. | 7 |
| Assignment #2. While caring for an assigned patient or resident who complains of pain, report this to the nurse promptly and include details to help the nurse assess what is happening and determine the appropriate action to take. | 8 ,9 |

| Web Assignments | Learning Objective(s) |
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| Assignment #1. Search the web for information about the processes that occur during sleep, involving the brain as well as the body. Bring your information to the class for discussion. | 1, 2 |
| Assignment #2. Search for information about the problem of chronic lack of sleep in young people. Report your findings to the class. | 1, 3 |
| Assignment #3. Search the web for information regarding the effects of culture on pain. Report your findings to the class. | 6, 7 |