**Discussion Topics, Chapter 21, Comfort and Rest**

| Topics for Discussion | Learning Objective(s) |
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| 1. Mrs. Mossberg is a new resident at Lincoln Hills Nursing Home. She is an 85-year-old female with osteoporosis, who is recovering from a fractured hip following a fall at home. Mrs. Mossberg seems to be having difficulty both falling asleep and staying asleep.   1. What are some factors that could be affecting her ability to sleep adequately? 2. What is your responsibility as a nursing assistant to this resident regarding her sleep problem? 3. How would you determine if she is in pain? 4. What is your responsibility regarding the management of her pain? | 3, 4, 7, 8, 9 |
| 2. George, your home health client, suffers from chronic low back pain and muscle spasms. The doctor has ordered the use of a heating pad to his low back four times a day.   1. What is the purpose for using the heating pad for George? 2. What are your responsibilities during the application of heat to George’s low back? 3. What are your responsibilities regarding the management of George’s pain? | 10, 11, 12 |