**Guided Lecture Notes, Chapter 21, Comfort and Rest**

Learning Objective 1. Explain the importance of rest and sleep to a person’s overall well-being. (Refer to **PowerPoint slide 2**.)

* Discuss what can happen when a person is deprived of adequate sleep.
* Ask students to describe how a person is affected physically, mentally, and socially when their sleep is affected.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 2. Describe the normal sleep cycle. (Refer to **PowerPoint slides 3 to 8**.)

* Describe the importance of adequate sleep on the person’s ability to rest and recover.
* Discuss how the body reacts while the person is asleep.
* Ask the students to identify the two different types of sleep and the role of both types.
* Discuss the varied sleep needed by different age groups.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 3. Describe factors that can affect a person’s ability to obtain a good night’s sleep. (Refer to **PowerPoint slides 9 to 16**.)

* Discuss factors that affect a person’s ability to sleep well.
* Ask students to identify and discuss two common sleep disorders.
* Have students describe their responsibilities to patients or residents experiencing a sleep disorder.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 4. Describe actions a nursing assistant can take to help patients and residents get the rest and sleep that they need. (Refer to **PowerPoint slides 17 to 21**.)

* Have the students discuss what information should be reported to the nurse concerning a patient’s or resident’s sleeping.
* Discuss why it’s important to know and respect a patient’s or resident’s sleep routine.
* Have students discuss how suggestions found in Box 21-1 can be used to help a resident or patient sleep better.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 5. Define pain and the difference between acute pain and chronic pain. (Refer to **PowerPoint slide 22**.)

* Discuss the common differences between acute and chronic forms of pain.
* Ask the students to provide examples of mild to severe pain.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 6. Discuss factors that can affect a person’s response to pain. (Refer to **PowerPoint slides 23 and 24**.)

* Discuss the importance of a person’s pain threshold and pain tolerance on how the person responds to pain.
* Have the students provide examples of how a patient’s or resident’s culture may affect their response to pain.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 7. List nonverbal signs of pain that a person may show. (Refer to **PowerPoint slide 25**.)

* Have the students identify and discuss nonverbal signs that a person may be in pain.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 8. Describe methods a nursing assistant can use to gather more information about the nature of a person’s pain. (Refer to **PowerPoint slides 26, 27, and 28**.)

* Have the students demonstrate how they would question a resident or patient in order to gather information about the pain they may be experiencing.
* Discuss the various pain scales and how to properly use them.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 9. Explain the importance of promptly and accurately reporting a patient’s or a resident’s pain. (Refer to **PowerPoint slide 28**.)

* Emphasize the importance of prompt, frequent, and accurate reporting of a person’s pain to the nurse.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 10. Discuss the use of medications, physical therapy, and heat and cold applications to relieve pain and promote comfort. (Refer to **PowerPoint slides 31 to 38**.)

* Discuss the use of over-the-counter and narcotic pain medication in managing both acute and chronic pain.
* Ask the students to define breakthrough pain and the nursing assistant’s role in helping to manage such pain for the resident or patient.
* Discuss the possibility of a person becoming addicted to pain medication.
* Discuss the various types of physical therapy directed at pain management.
* Refer the students to a discussion of information contained in Table 21-2.
* Have students identify the common risks involved with the application of both heat and cold.
* Discuss the role of the nursing assistant in the application of either heat or cold.
* Discuss factors that increase a person’s risk for injury related to the application of heat or cold.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 11. Demonstrate how to safely use heat and cold applications in the health care setting. (Refer to **PowerPoint slides 37 and 38**.)

* Demonstrate the safe use of various heat and cold applications that are used in the health care setting. Emphasize safety considerations of each type of application.
* Have students practice using heat and cold applications.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 12. Describe actions a nursing assistant can take to help a person who is experiencing pain. (Refer to **PowerPoint slides 39 to 41**.)

* Discuss with the students ways to assist the patient or resident by promoting relaxation, providing nonpharmaceutical measures to help manage the pain including regular, appropriate positioning and massage, as well as by providing gentle, sensitive care.
* Have learners refer to learning activities located at the end of the chapter.