

# Comfort Menu

Keeping you comfortable... non-medication options that can help reduce pain.

## Comfort & Comfort Actions



- Extra pillow
- Fan
- Cold pack
- Warm pack
- Lip balm
- Pillow or roll for your knees/ankles/neck/back
- Warm blanket
- Warm/Cold washcloth
- Lotion
- Non-skid socks Shower
- Whirlpool
- Gentle stretching
- Repositioning
- Go for short walk
- TENS Therapy

## Personal Care



- Comb
- Brush
- Deodorant
- Lotion
- Nail file
- Razor
- Toileting
- Shampoo & Conditioner
- Makeup
- Toothbrush
- Toothpaste
- Oral Care
- Humidifier
- Hydration/Fluids
- Nutrition/Snacks

## Distractions Items



- Magazine
- Movie/TV
- Book
- iPad or Tablet
- Family & Friends
- Photo books
- Puzzles
- Crafts
- Games
- Hobbies
- Looking out the window
- Bird watching

## Relaxation



- Massage/back-rub
- Music therapy
- Chaplain visit
- Visitors
- Quiet, uninterrupted time
- Aromatherapy
- Window shade down
- Adjust lights
- Close room door
- Breathing techniques
- Weighted blanket
- White noise
- Guided imagery therapy
- Pet therapy
- Sunshine

If not improved, worsening or new symptoms occur, please contact your healthcare provider.