CHAPTER 28  COMFORT, REST AND SLEEP

STUDY GUIDE

Define key terms and abbreviations of the chapter

1. What types of things in a healthcare setting, affect a person’s comfort level?
   a. 
   b. 
   c. 
   d. 
   e. 
   f. 
   g. 
   h. 

2. List 4 types of pain and describe each 
   a. 
   b. 
   c. 
   d. 
3. What types of information is needed from the resident in order to properly assess pain?

a.

b.

c.

d.

e.

f.

g.

h.

4. What is the simplest method used to determine the intensity of one’s pain?

5. What more advanced measures are there to assist the person to control pain? Describe them.

a.

b.

6. What is a circadian rhythm? Is it different at different life stages?
7. If a person has insomnia, what 3 forms might they have?

a.

b.

c.

8. What are some common causes of insomnia?

a.

b.

c.

9. List 10 ways the STNA help promote sleep for the resident?

a.

b.

c.

d.

e.

f.

g.

h.

i.

j.