

Impaired comfort

Nr.	Nursing Diagnosis	Date	Nursing Intervention/s and tasks	Sign.
	<p>Impaired comfort</p> <p>Related factors: Disturbed sleep pattern, inability to rest and restlessness</p> <p>Symptoms / Risk factors: Lack fo privacy Reports being uncomfortable</p> <p>Outcome / Goal: Patient will report period of restful sleep</p>		<p>Calming Technique</p> <p>Assess sleeping patterns in response to discomfort</p> <p>Maintain calm, deliberate manner</p> <p>Provide pain medication as indicated</p> <p>Reassure patient of personal safety or security</p> <p>Teach relaxaiton exercises techniques to promote sleep and reduce anxiety</p> <p>Consider medication for relax and sleep</p>	