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Yale
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Your comfort
is our top priority



greenwichhospital.org

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Here are options that you, your nurse, and your care team can use to make your stay as comfortable as possible. Speak with your nurse to learn more about options that best fit your plan of care.



Comfort actions

Ask a member of your care team for help with any of these:

- Adjust the lights or open the curtains
- Change positions
- Do gentle stretches or exercises
- Limit visitors so you can rest
- Speak with a chaplain or social worker
- Take a wheelchair ride
- Talk or visit with your family or friends
- Walk (as you are able)



Comfort items

Ask a member of your care team for any of these:

- Comfort foods such as ice cream or yogurt
- Ear plugs
- Extra pillows
- Hot tea
- Soothing scents for nausea
- Warm blanket
- Warm or ice pack
- Warm washcloth



Relaxation therapies

Ask a member of your care team to try any of these:

- Breathing and relaxation exercises
- Guided imagery or meditation
- Listening to music or the relaxation TV channels
- Massage Therapy (requires physician order and is a fee-for-service)
- Pet Therapy (only in common areas)

Request Healing Touch services at ext. 3222.



Keeping busy

Ask a family member or friend to bring in any of these:

- Coloring books
- Light hobby (like knitting)
- Personal music player and headphones
- Phone and charger
- Playing cards
- Puzzle books
- Reading materials
- Stress balls

The Patient and Guest Relations office may have a supply of the above items. Please call ext. 4746 for more information.



Medicine for comfort

- Work with your doctor and nurse to design the best pain management plan for your needs.
- If you know your pain will worsen when you start walking or doing exercises, take medicine first.
- There are many ways to treat pain. Combining different types of medications has been shown to improve pain control and lessen the side effects of a single pain medication.
- Ask your nurse about available medications to:
 - Prevent constipation (unable to have a regular bowel movement)
 - Prevent or treat nausea
 - Help you sleep