



PLACE ID TAG HERE
(Please do not label individual's personal copy)

I like to be called
I developed this plan with my
Name of nurse or other provider

COMFORT PLAN

MY DISTRESS SIGNS AND SIGNALS COMFORT AND CALMING MEASURES MY TRIGGERS OR IRRITANTS

My warning signals, or things that others might see when I am upset or losing control are:
Sweating, Crying, Breathing hard, Yelling, Hurting others, Throwing objects, Pacing, Injuring self by:
Clenching teeth, Not taking care of myself, Running, Clenching fist, Swearing, Not eating, Overeating / Binging, Being rude, Other:

These five activities have helped me to feel better when having a hard time:
Listening to music, Reading a book, Wrapping myself in a cozy blanket, Writing in a journal, Watching TV, Talking with staff, Talking with peers on the unit, Calling a friend or family member, Taking a shower or bath, Exercise, Pacing in the halls, Going for a walk, Drinking a beverage, Eating certain foods:
Working on a craft/artwork, Medication, Reading religious/spiritual material, Writing a letter, Hugging a stuffed animal, Spending voluntary time in quiet/comfort room, Other:

Some things that make me angry, very upset, or cause me to go into crisis include:
Being touched, Security in uniform, Yelling, Loud noises, Being restrained, Being hungry, Being tired, Staff telling me to come back later, Being called names, made fun of, Being forced to do something, Physical force, Being isolated, Being threatened, Being anxious, Being lonely, Personal space violated, Contact with person who upsets me, Someone else lying about me, Other:

SECLUSION AND RESTRAINTS

In extreme emergencies, seclusion and/or restraint may be used as a last resort. In emergencies, I would find the following helpful in trying to prevent these from being used:
Comfort or quiet room, Medications by mouth, Emergency injection, Other:

MEDICATIONS

If I need or want medications to help calm me, these would be my preference:

PHYSICAL CONTACT

I find it helpful to be touched appropriately when I am upset:
Yes No
Comments:
I am aware that staff may prefer not to touch me.

GENDER CONCERNS

I am aware that gender of staff is out of my control, but in an emergency, if at all possible, I would prefer to speak with:
male staff female staff

Used with permission from St. Joseph's Hospital, Hamilton, Ontario. The format of this Comfort Plan has been altered for inclusion in this document.