



(This form is part of the patient's permanent health record and MUST be completed in pen.)

Form with sections: When I become upset, I experience; Changes in my behaviour; My major trigger or irritant; Things that will help to calm me; Changes in how I talk; In extreme emergencies, seclusion and/or restraint may be used and this will be discussed with my nurse. However, before this happens, I would like to try any of these things to help calm me; Completed by: PATIENT SIGNATURE, STAFF SIGNATURE, DATE.

Used with permission from Providence Health Care. The format of this Comfort Plan has been altered for inclusion in this document. Alterations have no bearing on the content.