

# Comfort Menu

Welcome to University of Cincinnati Medical Center. We strive to meet your needs by making your stay as comfortable as possible. This Comfort Menu was designed to help you and your care givers make decisions to best accommodate your pain.



## Comfort Items

- Warm Compress/Heating Pack
- Ice Pack
- Warm Washcloth
- Extra Pillow
- Pillow to Raise your Knees or Ankles
- Humidification for your Oxygen Tube
- Mouth Swab



## Comfort Actions

- Repositioning
- Bath or shower
- Physical Therapy or Occupational Therapy Consult
- Music Station (TV)



## Personal Care Items

- Lip Balm
- Toothbrush/Toothpaste
- Deodorant
- Comb/Brush
- Shampoo/Conditioner
- Lotion
- Chloroseptic Spray
- Throat Lozenges
- Tissue

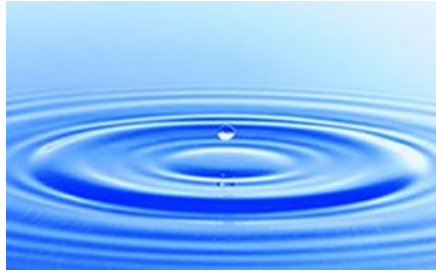
# Comfort Menu

You know how you are feeling better than anyone, so please discuss your pain control and available comfort options with your care team. We look forward to discussing your comfort and ensuring we meet your needs.



## Entertainment

- Cards
- Magazine
- Coloring Books
- Newspaper
- Puzzle Book
- Suduko
- Word Search
- Novels
- Pet Therapy



## Relaxation Items

- Ear Plugs
- Eye Mask
- Visit from Clergy



## Free Apps

The following are free apps available on most smart phone devices:

- Breathe Well
- 7 Seconds of Meditation
- Breathe Daily
- Mindfulness: Everyday Guided Meditations

Depending on your individual plan of care, some of these items may be restricted for a time until your condition improves.