

ANXIETY & WORRY

- Create a calm & quiet environment. Decrease over-stimulation
- Provide active listening, validation, & reassurance without judgment
- Distraction: Go for a walk or wheelchair ride, reminisce, watch a favorite movie, listen to music, etc.
- Relaxation: Encourage slow & deep breathing, meditation, or guided imagery
- Use essential oils/lotions like lavender, sandalwood, or lemon*
- Offer a caring touch, such as holding hand or hand on shoulder

CONFUSION & AGITATION

- Create a calm & quiet environment. Decrease over-stimulation
- Offer redirection & reassurance using a calm & steady voice
- Explain what you are going to do before you do it
- Avoid startling, rushing, or arguing. Avoid physical touch without permission
- Relaxation: Encourage slow & deep breathing, meditation, or guided imagery. Adjust lighting
- Distraction: Go for a walk or wheelchair ride, reminisce, watch a favorite movie, listen to music, etc.
- Develop a routine: Keep a regular schedule for meals, care, activities, & bedtime
- Keep surroundings familiar and keep familiar items close
- Use essential oils/lotions like lavender, sandalwood, or lemon*

DRY MOUTH & LIPS

- Perform oral care often & clean dentures often
- Use mouth moisturizer sprays and/or ointments
- Offer lozenges, sugar-free candy, or chewing gum as tolerated
- Offer ice chips as tolerated

INSOMNIA

- Open window blinds or curtains during the day to let in natural light
- Create a calm, cool, dark, & quiet environment at night
- Develop & maintain a consistent bedtime routine & sleep schedule
- Decrease stimulation 30 minutes prior to going to bed
- Minimize liquids & avoid caffeine later in the day
- Relaxation: Encourage slow & deep breathing, meditation, or guided imagery
- Use essential oils/lotions like lemon or orange during the daytime, & lavender or chamomile at bedtime*
- Use of white noise such as rain or calming environmental sounds

continued on reverse . . .

NAUSEA & VOMITING

- Avoid spicy, greasy, & fried foods
- Avoid strong smells & eliminate odors in the room
- Offer foods that are gentle on the stomach: Bananas, rice, applesauce, toast, saltine crackers, tea, ginger ale, & peppermint candy
- Encourage small frequent meals instead of large meals
- Circulate cool air with use of a fan or open window
- Apply cool wash cloth on forehead, back of neck, or wrists
- Perform frequent oral care
- Use essential oils/lotions like peppermint, ginger, or lavender*

SHORTNESS OF BREATH

- Circulate cool air with use of a fan or open window
- Elevate head of bed or sit up in a chair. Avoid lying flat
- Sit in tripod position: Lean forward with hands and/or elbows resting on knees or table
- Try pursed lip breathing: Breathe in through your nose, & blow air out through your mouth
- Relaxation: Encourage slow & deep breathing, meditation, or guided imagery
- Conserve energy between activities
- Create a calm & cool environment

PAIN

- Reposition for comfort: Use pillows, blankets, or wedges. A hospital bed can be provided
- Use of heat or cold therapy**
- Distraction: Storytelling & reminiscing, watch a favorite movie/show, listen to music, white noise, etc.
- Relaxation: Encourage slow & deep breathing, meditation, or guided imagery. Adjust lighting
- Therapeutic Touch: Offer gentle massage, pillow bracing, gentle stretching & movement
- Use essential oils like lavender, peppermint, or chamomile*

*Always verify allergies & skin sensitivities prior to use of essential oils

**Never place a heating pad or ice pack directly onto bare skin

Contact HopeWest at any time for assistance or if you have additional questions.
A Registered Nurse is available 24/7 including after hours, weekends, and holidays.