

**I'm a PAIN RELIEVER**

- R** Reposition q2 hours and remove wrinkles
- E** good Ergonomics – position in alignment
- L** Lift gently, consider asking for medication first
- I** Improve communication – be observant and listen well
- E** padded Envelope – cushion the resident from bumps
- V** listen to Verbal expressions concerns
- E** observe facial Expressions and other behaviours
- R** Report what you observe to the Nurse

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