

Domain 12. Comfort

Sense of mental, physical, or social well-being or ease

Class 1. Physical comfort Sense of well-being or ease and/or freedom from pain		
Code	Diagnosis	Page
00214	Impaired comfort	551
00183	Readiness for enhanced comfort	552
00134	Nausea	553
00132	Acute pain	554
00133	Chronic pain	555
00255	Chronic pain syndrome	557
00256	Labor pain	558

Class 2. Environmental comfort Sense of well-being or ease in/with one's environment		
Code	Diagnosis	Page
00214	Impaired comfort	560
00183	Readiness for enhanced comfort	561

Class 3. Social comfort**Sense of well-being or ease with one's social situation**

Code	Diagnosis	Page
00214	Impaired comfort	562
00183	Readiness for enhanced comfort	563
00054	Risk for loneliness	564
00053	Social isolation	565

NANDA International, Inc. Nursing Diagnoses: Definitions and Classification 2021–2023, 12th Edition.
Edited by T. Heather Herdman, Shigemi Kamitsuru, and Camila Takáo Lopes.
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Companion website: www.thieme.com/nanda-i.

Domain 12 • Class 1 • Diagnosis Code 00214

Impaired comfort

Focus of the diagnosis: comfort

Approved 2008 • Revised 2010, 2017 • Level of Evidence 2.1

Definition

Perceived lack of ease, relief, and transcendence in physical, psychospiritual, environmental, cultural, and/or social dimensions.

Defining characteristics

- Anxiety
- Crying
- Difficulty relaxing
- Expresses discomfort
- Expresses discontentment with situation
- Expresses fear
- Expresses feeling cold
- Expresses feeling warm
- Expresses itching
- Expresses psychological distress
- Irritable mood
- Moaning
- Psychomotor agitation
- Reports altered sleep-wake cycle
- Reports hunger
- Sighing
- Uneasy in situation

Related factors

- Inadequate control over environment
- Inadequate health resources
- Inadequate situational control
- Insufficient privacy
- Unpleasant environmental stimuli

Associated conditions

- Illness-related symptoms
- Treatment regimen

This diagnosis is classified under Class 1 (Physical comfort), Class 2 (Environmental comfort), and Class 3 (Social comfort).

Original literature support available at www.thieme.com/nanda-i.

Domain 12 • Class 1 • Diagnosis Code 00183

Readiness for enhanced comfort

Focus of the diagnosis: comfort

Approved 2006 • Revised 2013 • Level of Evidence 2.1

Definition

A pattern of ease, relief, and transcendence in physical, psychospiritual, environmental, and/or social dimensions, which can be strengthened.

Defining characteristics

- Expresses desire to enhance comfort
- Expresses desire to enhance feeling of contentment
- Expresses desire to enhance relaxation
- Expresses desire to enhance resolution of complaints

This diagnosis is classified under Class 1 (Physical comfort), Class 2 (Environmental comfort), and Class 3 (Social comfort).

Original literature support available at www.thieme.com/nanda-i.

Domain 12 • Class 1 • Diagnosis Code 00134

Nausea

Focus of the diagnosis: nausea

Approved 1998 • Revised 2002, 2010, 2017 • Level of Evidence 2.1

Definition

A subjective phenomenon of an unpleasant feeling in the back of the throat and stomach, which may or may not result in vomiting.

Defining characteristics

- Food aversion
- Gagging sensation
- Increased salivation
- Increased swallowing
- Sour taste

Related factors

- Anxiety
- Exposure to toxin
- Fear
- Noxious taste
- Unpleasant sensory stimuli

At risk population

- Pregnant women

Associated conditions

- Abdominal neoplasms
- Altered biochemical phenomenon
- Esophageal disease
- Gastric distention
- Gastrointestinal irritation
- Intracranial hypertension
- Labyrinthitis
- Liver capsule stretch
- Localized tumor
- Meniere's disease
- Meningitis
- Motion sickness
- Pancreatic diseases
- Pharmaceutical preparations
- Psychological disorder
- Splenic capsule stretch
- Treatment regimen

Domain 12 • Class 1 • Diagnosis Code 00132

Acute pain

Focus of the diagnosis: pain

Approved 1996 • Revised 2013 • Level of Evidence 2.1

Definition

Unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage (International Association for the Study of Pain); sudden or slow onset of any intensity from mild to severe with an anticipated or predictable end, and with a duration of less than 3 months.

Defining characteristics

- Altered physiological parameter
- Appetite change
- Diaphoresis
- Distraction behavior
- Evidence of pain using standardized pain behavior checklist for those unable to communicate verbally
- Expressive behavior
- Facial expression of pain
- Guarding behavior
- Hopelessness
- Narrow focus
- Positioning to ease pain
- Protective behavior
- Proxy report of activity changes
- Proxy report of pain behavior
- Pupil dilation
- Reports intensity using standardized pain scale
- Reports pain characteristics using standardized pain instrument
- Self-focused

Related factors

- Biological injury agent
- Inappropriate use of chemical agent
- Physical injury agent

Domain 12 • Class 1 • Diagnosis Code 00133

Chronic pain

Focus of the diagnosis: pain

Approved 1986 • Revised 1996, 2013, 2017 • Level of Evidence 2.1

Definition

Unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage (International Association for the Study of Pain); sudden or slow onset of any intensity from mild to severe, constant or recurring without an anticipated or predictable end, and with a duration of greater than 3 months.

Defining characteristics

- Altered ability to continue activities
- Anorexia
- Evidence of pain using standardized pain behavior checklist for those unable to communicate verbally
- Expresses fatigue
- Facial expression of pain
- Proxy report of activity changes
- Proxy report of pain behavior
- Reports altered sleep-wake cycle
- Reports intensity using standardized pain scale
- Reports pain characteristics using standardized pain instrument
- Self-focused

Related factors

- Body mass index above normal range for age and gender
- Fatigue
- Ineffective sexuality pattern
- Injury agent
- Malnutrition
- Prolonged computer use
- Psychological distress
- Repeated handling of heavy loads
- Social isolation
- Whole-body vibration

At risk population

- Individuals aged > 50 years
- Individuals with history of being abused
- Individuals with history of genital mutilation
- Individuals with history of over indebtedness
- Individuals with history of static work postures
- Individuals with history of substance misuse
- Individuals with history of vigorous exercise
- Women

Associated conditions

- Bone fractures
- Central nervous system sensitization
- Chronic musculoskeletal diseases
- Contusion
- Crush syndrome
- Imbalance of neurotransmitters, neuromodulators and receptors
- Immune system diseases
- Impaired metabolism
- Inborn genetic diseases
- Ischemia
- Neoplasms
- Nerve compression syndromes
- Nervous system diseases
- Post-trauma related condition
- Prolonged increase in cortisol level
- Soft tissue injuries
- Spinal cord injuries

Domain 12 • Class 1 • Diagnosis Code 00255

Chronic pain syndrome

Focus of the diagnosis: chronic pain syndrome

Approved 2013 • Revised 2020 • Level of Evidence 2.2

Definition

Recurrent or persistent pain that has lasted at least 3 months, and that significantly affects daily functioning or well-being.

Defining characteristics

- Anxiety (00146)
- Constipation (00011)
- Disturbed sleep pattern (00198)
- Fatigue (00093)
- Fear (00148)
- Impaired mood regulation (00241)
- Impaired physical mobility (00085)
- Insomnia (00095)
- Social isolation (00053)
- Stress overload (00177)

Related factors

- Body mass index above normal range for age and gender
- Fear of pain
- Fear-avoidance beliefs
- Inadequate knowledge of pain management behaviors
- Negative affect
- Sleep disturbances

Domain 12 • Class 1 • Diagnosis Code 00256

Labor pain

Focus of the diagnosis: labor pain

Approved 2013 • Revised 2017, 2020 • Level of Evidence 2.2

Definition

Sensory and emotional experience that varies from pleasant to unpleasant, associated with labor and childbirth.

Defining characteristics

- Altered blood pressure
- Altered heart rate
- Altered muscle tension
- Altered neuroendocrine functioning
- Altered respiratory rate
- Altered urinary functioning
- Anxiety
- Appetite change
- Diaphoresis
- Distraction behavior
- Expressive behavior
- Facial expression of pain
- Narrow focus
- Nausea
- Perineal pressure
- Positioning to ease pain
- Protective behavior
- Pupil dilation
- Reports altered sleep-wake cycle
- Self-focused
- Uterine contraction
- Vomiting

Related factors

Behavioral Factors

- Insufficient fluid intake
- Supine position

Cognitive Factors

- Fear of childbirth
- Inadequate knowledge about childbirth
- Inadequate preparation to deal with labor pain
- Low self efficacy
- Perception of labor pain as nonproductive
- Perception of labor pain as negative
- Perception of labor pain as threatening
- Perception of labor pain as unnatural
- Perception of pain as meaningful

Social Factors

- Interference in decision-making
- Unsupportive companionship

Unmodified Environmental Factors

- Noisy delivery room
- Overcrowded delivery room

- Turbulent environment

At risk population

- Women experiencing emergency situation during labor
- Women from cultures with negative perspective of labor pain
- Women giving birth in a disease-based health care system
- Women whose mothers have a high level of education

- Women with history of pre-pregnancy dysmenorrhea
- Women with history of sexual abuse during childhood
- Women without supportive companion

Associated conditions

- Cervical dilation
- Depression
- Fetal expulsion

- High maternal trait anxiety
- Prescribed mobility restriction
- Prolonged duration of labor

Domain 12 • Class 2 • Diagnosis Code 00214

Impaired comfort

Focus of the diagnosis: comfort

Approved 2008 • Revised 2010, 2017 • Level of Evidence 2.1

Definition

Perceived lack of ease, relief, and transcendence in physical, psychospiritual, environmental, cultural, and/or social dimensions.

Defining characteristics

- Anxiety
- Crying
- Difficulty relaxing
- Expresses discomfort
- Expresses discontentment with situation
- Expresses fear
- Expresses feeling cold
- Expresses feeling warm
- Expresses itching
- Expresses psychological distress
- Irritable mood
- Moaning
- Psychomotor agitation
- Reports altered sleep-wake cycle
- Reports hunger
- Sighing
- Uneasy in situation

Related factors

- Inadequate control over environment
- Inadequate health resources
- Inadequate situational control
- Insufficient privacy
- Unpleasant environmental stimuli

Associated conditions

- Illness-related symptoms
- Treatment regimen

This diagnosis is classified under Class 1 (Physical comfort), Class 2 (Environmental comfort), and Class 3 (Social comfort).

Original literature support available at www.thieme.com/nanda-i.

Domain 12 • Class 2 • Diagnosis Code 00183

Readiness for enhanced comfort

Focus of the diagnosis: comfort

Approved 2006 • Revised 2013 • Level of Evidence 2.1

Definition

A pattern of ease, relief, and transcendence in physical, psychospiritual, environmental, and/or social dimensions, which can be strengthened.

Defining characteristics

- Expresses desire to enhance comfort
- Expresses desire to enhance feeling of contentment
- Expresses desire to enhance relaxation
- Expresses desire to enhance resolution of complaints

12. Comfort

This diagnosis is classified under Class 1 (Physical comfort), Class 2 (Environmental comfort), and Class 3 (Social comfort).

Original literature support available at www.thieme.com/nanda-i.

Domain 12 • Class 3 • Diagnosis Code 00214

Impaired comfort

Focus of the diagnosis: comfort

Approved 2008 • Revised 2010, 2017 • Level of Evidence 2.1

Definition

Perceived lack of ease, relief, and transcendence in physical, psychospiritual, environmental, cultural, and/or social dimensions.

Defining characteristics

- Anxiety
- Crying
- Difficulty relaxing
- Expresses discomfort
- Expresses discontentment with situation
- Expresses fear
- Expresses feeling cold
- Expresses feeling warm
- Expresses itching
- Expresses psychological distress
- Irritable mood
- Moaning
- Psychomotor agitation
- Reports altered sleep-wake cycle
- Reports hunger
- Sighing
- Uneasy in situation

Related factors

- Inadequate control over environment
- Inadequate health resources
- Inadequate situational control
- Insufficient privacy
- Unpleasant environmental stimuli

Associated conditions

- Illness-related symptoms
- Treatment regimen

This diagnosis is classified under Class 1 (Physical comfort), Class 2 (Environmental comfort), and Class 3 (Social comfort).

Original literature support available at www.thieme.com/nanda-i.

Domain 12 • Class 3 • Diagnosis Code 00183

Readiness for enhanced comfort

Focus of the diagnosis: comfort

Approved 2006 • Revised 2013 • Level of Evidence 2.1

Definition

A pattern of ease, relief, and transcendence in physical, psychospiritual, environmental, and/or social dimensions, which can be strengthened.

Defining characteristics

- Expresses desire to enhance comfort
- Expresses desire to enhance feeling of contentment
- Expresses desire to enhance relaxation
- Expresses desire to enhance resolution of complaints

12. Comfort

This diagnosis is classified under Class 1 (Physical comfort), Class 2 (Environmental comfort), and Class 3 (Social comfort).

Original literature support available at www.thieme.com/nanda-i.

Domain 12 • Class 3 • Diagnosis Code 00054

Risk for loneliness

Focus of the diagnosis: loneliness

Approved 1994 • Revised 2006, 2013 • Level of Evidence 2.1

Definition

Susceptible to experiencing discomfort associated with a desire or need for more contact with others, which may compromise health.

Risk factors

- Affectional deprivation
- Emotional deprivation
- Physical isolation
- Social isolation

Domain 12 • Class 3 • Diagnosis Code 00053

Social isolation

Focus of the diagnosis: social isolation

Approved 1982 • Revised 2017, 2020 • Level of Evidence 3.1

Definition

A state in which the individual lacks a sense of relatedness connected to positive, lasting, and significant interpersonal relationships.

Defining characteristics

- Altered physical appearance
- Expresses dissatisfaction with respect from others
- Expresses dissatisfaction with social connection
- Expresses dissatisfaction with social support
- Expresses loneliness
- Flat affect
- Hostility
- Impaired ability to meet expectations of others
- Low levels of social activities
- Minimal interaction with others
- Preoccupation with own thoughts
- Purposelessness
- Reduced eye contact
- Reports feeling different from others
- Reports feeling insecure in public
- Sad affect
- Seclusion imposed by others
- Sense of alienation
- Social behavior incongruent with cultural norms
- Social withdrawal

Related factors

- Cognitive dysfunction
- Difficulty establishing satisfactory reciprocal interpersonal relations
- Difficulty performing activities of daily living
- Difficulty sharing personal life expectations
- Fear of crime
- Fear of traffic
- Impaired physical mobility
- Inadequate psychosocial support system
- Inadequate social skills
- Inadequate social support
- Inadequate transportation
- Low self-esteem
- Negative perception of support system
- Neurobehavioral manifestations
- Values incongruent with cultural norms

At risk population

- Economically disadvantaged individuals
- Immigrants
- Individuals experiencing altered social role

- Individuals experiencing loss of significant other
- Individuals living alone
- Individuals living far from significant others
- Individuals moving to unfamiliar locations
- Individuals with history of rejection
- Individuals with history of traumatic event
- Individuals with ill family member
- Individuals with no children
- Institutionalized individuals
- Older adults
- Widowed individuals

Associated conditions

- Chronic disease
- Cognitive disorders