

PATIENT EDUCATION FACT SHEET

Let's Talk About Pain and Pain Management

There are many different causes and kinds of pain. Pain can be caused by injury, illness, sickness, disease, or surgery.

Managing your pain and comfort level is important because:

- ▼ Having less pain helps you move around so that medical complications like pneumonia, pressure ulcers and blood clots do not develop
- ▼ Your spiritual and emotional wellness can be affected by your pain
- ▼ You may heal and recover faster

Let's talk about your pain

Tell your doctor, nurse, physician assistant or nurse practitioner:

- ▼ If you were taking pain medicine prior to coming to the hospital
- ▼ What has worked to lessen your pain in the past
- ▼ If you ever had a bad reaction to any pain medication
- ▼ If you have pain now
- ▼ If your pain medicine is not working. Your medicine can be changed
- ▼ If pain is preventing you from: taking a deep breath, turning in bed, walking to the restroom, getting restful sleep, getting out of bed, sitting in a chair, eating, or any other self-care activities

Let's talk about some common side effects of pain medications

Side effects depend on the medicine. They can include constipation, nausea, vomiting, itching and sleepiness. Tell your doctor or nurse if you have any of these side effects, as many can be managed to make you more comfortable and safe.

Let's talk about other treatments that can be used for pain

- ▼ Listening to music/ watching television/reading
- ▼ Relaxation exercises
- ▼ Changing your position in bed or in a chair
- ▼ Applying heat or cold (when approved by your doctor or nurse) to a specific place/area of your body- relaxation channels are available free of charge on your TV

How would you describe your pain?

We will ask you to rate your pain on a scale from 0-10 with 0 being no pain and 10 being a lot of pain.

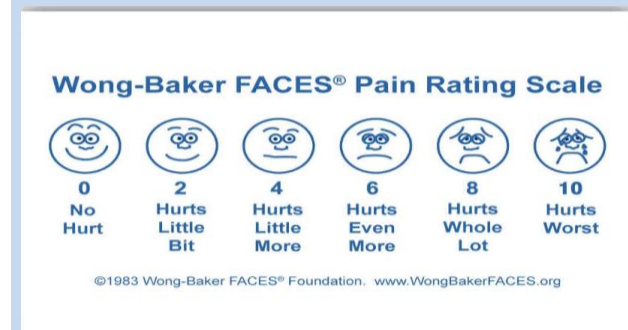
0 = No Pain

1 to 3 = Mild Pain

4 to 6 = Moderate Pain

7 to 10 = Severe Pain

Choose a face that best describes how you feel



Common words you can use to describe your pain:

- | | |
|--------------|-------------|
| ▼ Aching | ▼ Pinching |
| ▼ Burning | ▼ Stabbing |
| ▼ Cramping | ▼ Sharp |
| ▼ Freezing | ▼ Shooting |
| ▼ Gassy | ▼ Sore |
| ▼ Gnawing | ▼ Stiff |
| ▼ Heavy | ▼ Tender |
| ▼ Itching | ▼ Throbbing |
| ▼ Nagging | ▼ Tingling |
| ▼ Nauseating | |

Speak Up!

We want to partner with you to manage your pain. If you have concerns or questions about your pain treatment plan, feel empowered to ask a member of your care team!