

Dear Patient,

Welcome

We want to let you know that your comfort is very important to us. If you have pain we want to partner with you to lessen your pain and increase your comfort level.

There are many different causes and kinds of pain. Pain may be caused by injury, illness, disease, or surgery. Throughout your hospital stay, from your admission to discharge, our staff will ask you whether you are in pain. It is important that you let your healthcare team know if you are having any pain.

Reasons Why We Want to Partner with You in Managing your Pain:

- ▼ Having less pain helps you move around more so that medical conditions such as pneumonia and blood clots don't develop
- ▼ Your spiritual and emotional wellness can be negatively affected by your pain
- ▼ You may heal and recover faster when your comfort level is better

Ways to Increase Your Comfort Level and Lessen Your Pain

- ▼ Listening to music / watching TV / reading
- ▼ Watching relaxation channels – they are available free of charge on your TV
- ▼ Pet therapy
- ▼ Coloring, drawing

Talking About Your Pain and Comfort Measures

- ▼ When you have a conversation with your healthcare team about your comfort level and pain, it helps the team to better understand your needs. If we forget to ask you about your comfort level or pain, please remind us.
- ▼ Tell a member of your care team: If you take medicine for pain at home
- ▼ What has worked to lessen your pain in the past
- ▼ If you have had any bad reactions to pain medicine in the past
- ▼ If you have pain. Your nurse will review the 'pain rating scale' with you. This scale will help you tell us about how much pain you may have
- ▼ If your comfort measures or pain medication are not working
- ▼ If pain is stopping you from doing the following things:
 - ▼ taking a deep breath
 - ▼ getting out of bed
 - ▼ getting a restful sleep
 - ▼ turning in bed
 - ▼ walking to the rest room
 - ▼ eating or any other self-care actions

Sincerely,
Your Health Care Team