



PAIN MANAGEMENT

During Your Hospital Stay



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Your Guide to Understanding and Taking Control of Your Pain

YOUR COMFORT IS ONE OF OUR TOP PRIORITIES:-

While we would like to make you pain free, this is not always possible. Our goal is to make you as comfortable as possible. This brochure is to help you understand your pain experience, learn what you can do to ease your pain, and how your health care team can help you. Pain is your body's way of telling you that it is having physical discomfort. Pain is a very personal experience. Only you can tell us how you are feeling and what level of pain you are experiencing. Together we can work to manage your pain at an acceptable level.

UNDERSTANDING PAIN:-

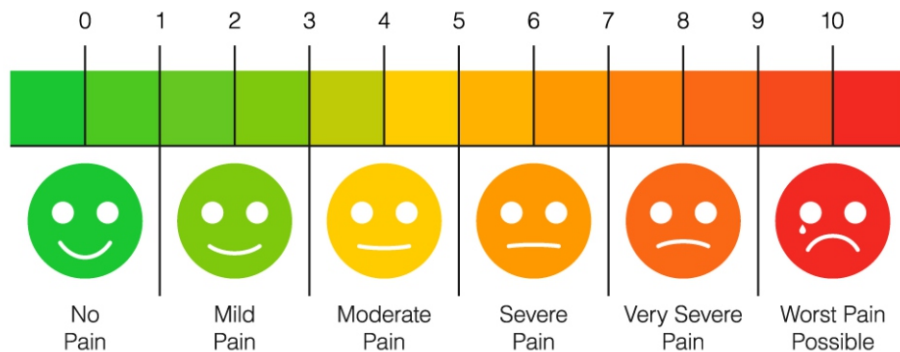
Many times it is not possible for you to be completely pain free. Certain illnesses or procedures will cause pain. We want to work with you to understand how you are feeling and develop a plan to lessen your pain. Your doctors and nurses will ask you often about your pain level and the location of your pain. Pain can affect your recovery physically and emotionally. It may cause you to avoid activity that is needed to help heal your body, or affect the amount of time you sleep, or spend with your family and friends. Management of your pain is important to your recovery and to your health care team.

PAIN ASSESSMENT:-

Your doctors and nurses will ask you to describe your pain. We need to know how much pain you are having, where the pain is located, and what may be causing the pain. You are the best person to tell us about your pain.

You will be asked to rate your pain level using a pain scale. It will help your health care team to know how to treat your pain if we all understand the same pain scales. There are a few different scales that we use to better understand your pain.

The Wong Baker (FACES) rating scale may help by letting you see a picture that describes how the pain is making you feel. You will be asked to look at the pictures and pick the one that describes your pain best.



Sometimes you or your family member may not be able to tell us about your pain. We have a pain scale that we can use that will help us determine a pain level based on behavior.

Using these scales will help your doctors and nurses to know if the pain treatment you are receiving is working for you. It will also help us to know when we need to make changes to help make sure you are more comfortable.

Your health care team will ask you what you feel is an acceptable level of pain. We want to know what level will allow you to be able to do the activities needed for your recovery. For example, you may feel that a pain level of 4 is acceptable and will allow you to get up to the bathroom, spend time talking with your family, or work with physical therapy.



DESCRIBING YOUR PAIN:-

It helps your health care team know how best to help you if we understand the quality and location of your pain.

You will be asked to describe your pain. Some words that may help you describe your pain quality include the following:

- Achy
- Cramping
- Stabbing
- Tender
- Sharp
- Tingling
- Burning
- Dull
- Spasm

Note : If you have on going pain from another medical condition or injury, such as arthritis or back pain etc, please tell your nurse.

Your nurse will ask you throughout your stay about your pain and then will ask later if the treatment you received has lessened your pain. Even if you think your pain is not that bad, we still need to know in order to provide you the best possible care. Telling us about your pain is not a bother, we want to know.



PAIN TREATMENT:-

Did you know that there are many ways to improve your pain and that medication is only one of them? In fact, your pain is often better relieved with a combination of treatments. This combination involves medication, activity, and complementary treatment such as ice, heat, relaxation, music therapy etc. We need you to be an active participant in your recovery. You are the only one who can tell us about the pain you feel, and your actions can help your recovery.

Activity:-

If it is appropriate for your medical condition, your doctor will want you to get up out of bed, sit in a chair, or perhaps walk in the hallways. Not moving can make your body stiff and sore. If possible for you, your health care team will want you to keep your body active with moving, coughing, and taking deep breaths.

COMFORT MEASURES:-

We want you to be comfortable. There are some things you can do to help manage your pain. Sometimes it helps lessen your pain if you do things to take the focus off of your pain.

Relaxation:-

Being in the hospital is stressful. Try closing your eyes and taking slow deep breaths, or meditate to provide you comfort. Ask your nurse if you would like help to learn how to use relaxation techniques to lessen your pain.

Massage:-

A gentle comforting massage can help relax your body and lessen your pain. A simple back rub or gentle hand & foot massage can relax your body and distract it from pain. Ask your nurse for massage options during your hospital stay.

Music:-

Do you have a favorite song or type of music? Music can help your body relax, decrease pain, anxiety, and muscle tension. Listening to music in combination with medication treatment can lessen your pain and make you feel more comfortable.

Hot and Cold Therapy:-

Heat can decrease the stiffness in your muscles and help to relax them. Ice can also be used to decrease pain and swelling, and to dull sensitive or painful areas on your body. Ask your nurse if you would like to try hot or cold therapy.



MEDICATIONS:-

There are a number of different medications that can help lessen your pain in different ways. A combination of medications is often helpful in decreasing your pain.



Medication History:-

Doctor will about your medication history to create a plan of treatment.

Types of Medications:-

Pain medicine is often used together with other types of medications to treat your underlying disease and decrease your pain. Medicine to treat your pain can be taken in a variety of ways. Some common routes for pain medicine include: through your intravenous line (IV), in pill form by mouth, or topically through your skin. Your health care team will work with you to determine the medication plan that will help manage your pain at an acceptable level and that is safe for you. Your safety and comfort are our top priority.

Side Effects:-

It is important to remember that some medications have side effects. Some of the most common side effects include: constipation (trouble having a bowel movement), nausea, itching, etc. Please let your health care team know if you are concerned you are experiencing a side effect from your pain medicine. Your health care team will work with you to change your medicine or treat your side effects.

SPECIALTY PAIN PROCEDURES:-

There may be a specific procedure that your doctor can order to help manage your pain. These procedures are done for certain types of conditions and are not possible for all patients. If your doctor believes one of these procedures will help lessen your pain, it will be explained in more detail to you.

SUMMARY:-

You are the most important part of your health care team. We are here to care for you. We need you to tell us about your pain, how you are feeling, and any fears or concerns that you have. We want to know about your pain and what helps decrease your pain. You know what is best for you. Only you can tell us what your pain is like and only you can participate in activity or treatments to help improve your recovery. Together we can work to make you comfortable during your hospital stay.

Write down your questions here to talk with your health care team about:



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