



Pain Management

At some point, everyone experiences pain. You may have pain now, or you may experience pain in the future as a result of disease, injury, surgery, or medical problem. Everyone has the right to have their pain assessed and treated.

What is pain?

Pain includes many types of discomfort and can occur anywhere in your body. It can feel like a dull ache, or it can be severe and unbearable. Pain can include pulling, tightness, cramping, burning, stabbing, or other unpleasant sensations.

Why do I need pain relief?

Many people think they should “tough it out” with pain. But research has shown that unrelieved pain can be harmful to you. Pain can make it hard to do things like getting in and out of bed or walking.

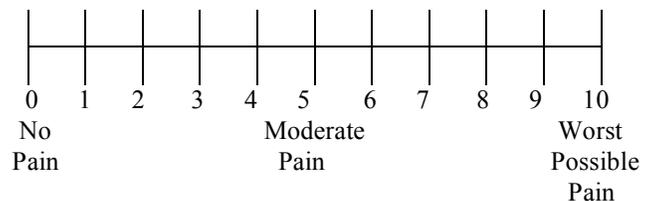
How do I communicate my pain level?

When you are experiencing pain, please tell your nurses and doctors so they will be able to relieve your pain as much as possible. Your doctor and nurses will ask you to rate your pain on a regular basis and before and after medication. Rating your pain allows us to measure how well treatments are relieving your pain.

How do I use a Pain Scale?

On a scale of 0 – 10, 0 means “no pain” and 10 means “the worst possible pain”. A low score of 2 or 3 would be “mild pain”, while numbers in the middle of the scale (around 5) describe “moderate pain”. A rating of 7 or higher is “severe pain”.

0 – 10 Numeric Pain Rating Scale



How do I set goals for pain control?

While we cannot guarantee complete relief of pain, we want to manage your pain to the fullest extent possible. In order to perform your day-to-day activities, you need to set a goal for pain control. This goal should be a rating that allows you to continue your important activities easily.

Don't be afraid to talk about your pain.

It is very important to talk with your nurse and doctor honestly and openly about your pain, so that you can receive the proper treatment. If you still have questions about pain or how to manage it, talk with your doctor or nurse.

DISCLAIMER STATEMENT:

This content is educational, and cannot replace advice or care given by qualified healthcare providers. Medical information may become quickly outdated, and accuracy cannot be guaranteed.