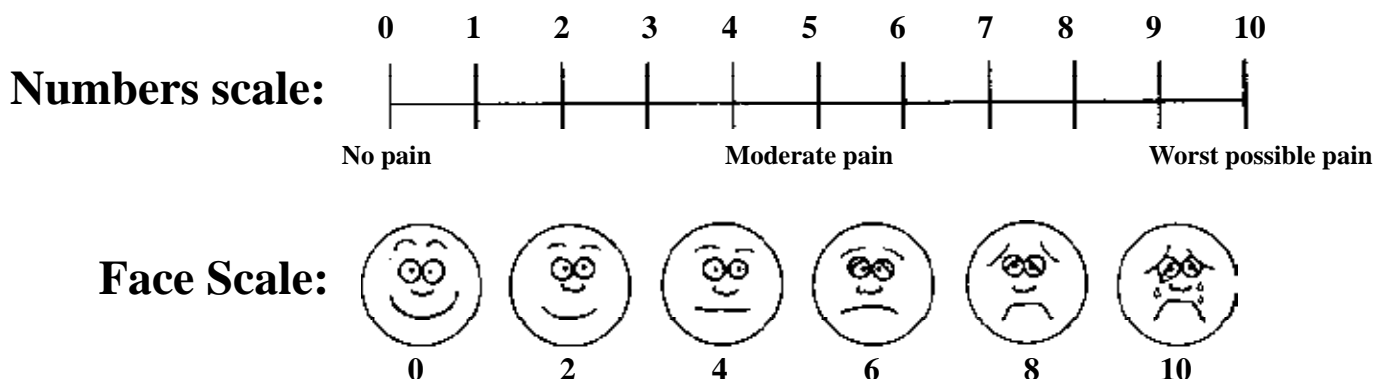


Understanding Your Pain



Pain relief is part of the plan for your health care. At Parkland, we promise to work hard to offer **safe and helpful treatment** when you have pain. Whether your pain is caused by disease, injury, surgery or a medical procedure, it is important to know that **most pain can be controlled**. We can work together to lessen your pain and help you get well faster.

When you feel pain please tell your doctor or nurse about it. You are the one who can best tell us about your pain. We will ask you often to rate your pain using a **0 - 10 pain rating scale**. This tells us how much pain you are feeling and how well treatments are working. We may ask other questions to help us understand your pain.



Rate your pain on a scale of 0 - 10. 0 means “no pain”, and 10 means “the worst possible pain”. Moderate pain is in the middle, 4 -6. A rating of 1 - 3 would be “mild pain”. A rating of 7 or more is “severe pain”. The goal is to treat pain early, before it gets worse.

There are different kinds of pain, and you can hurt anywhere in your body. It can feel like a dull ache, or it can be sharp. Pain can be throbbing, burning, cramping, pulling or tight, stabbing, tingling, or other unpleasant feelings. Please tell your doctor or nurse the type of pain you are having. Ask questions if you are not sure how to rate or tell us about your pain.

If pain gets in the way of your usual sleep, eating, energy, activity, relationships or mood, let us know. We want you to be able to take part in your care and in the things that are important to you. There are many ways to lessen pain.

Rate your pain before and after you take your pain medicine. This helps your doctor and nurse know if your medicine or other pain treatment is working.

Tell your doctor or nurse about any side effects of the pain medicine. Some medicines may change your bowel movements, cause you to vomit, itch, feel sleepy, dizzy or weak. If we know about these, we can try to help.

Together we can make a difference. We cannot promise to make all pain go away. But we do promise to answer your questions and to work with you to find a treatment that is safe and works best for you.