



Patient Information

Expect your doctor or nurse to ask about your pain

- We need YOU to tell US about your pain
 - Where it is
 - What brings it on
 - What makes it worse
 - What makes it better
 - How long have you been having it

Ways that make pain feel better are not always pills

- Tell us about any medicine you are taking for pain at home
- Tell us if you use something else
 - Heat
 - Cold
 - Massage
 - Movement
 - Other home remedies
- We will work with you and your family to find the best way to help your pain



You will use a “scale” to tell us about your pain

- Your nurse will teach you about the “pain scale”
- Parents can help by telling the nurse if children are in pain
- Children can use a “face pain scale”
- Even patients who can’t speak will have their pain taken care of

Some pain is old, and some pain is new

- Tell us about all of your pain
- Tell us what brought on the “old” pain (Maybe an accident)
- Tell us what brought on the “new” pain (Maybe surgery)
- Tell us if the new pain makes the old pain worse, or doesn’t change it

Pain can really slow everything down or make you sad

- Healing after illness or surgery can be slowed
 - Energy levels are lower
 - Eating and sleeping are hard
 - Pain can make you worried or angry
 - You may not be able to work or see friends and family
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As your partner in healthcare, we at University Medical Center believe you have the right to have your pain assessed, treated and re-evaluated.

We count on you to tell your healthcare team all the places it hurts.

We have several tools we use to assist us in assessing your pain. Below are two of the tools we use.



If you have any questions, please ask us. We are here to help.