**Pain Management**

We want to help you manage your pain so that pain doesn’t interfere with your daily activities.

What will the nurse or therapist need to know about your pain?

 Frequency (how often pain occurs)

 Location (where you are having pain)

 Duration (how long it lasts)

 Intensity (describe the pain on a scale of 0-10, with 0 being no pain and 10 being the worst possible pain)

 Character (use your own words to describe the pain)

 Things you do that help the pain go away

 Things you do that make the pain worse

 How often your pain limits activity or your ability to compete your daily routine

What are your rights when it comes to pain control?

 You get information about how your pain can be relieved.

 You get our commitment to your pain prevention and management.

 You receive the most appropriate pain control possible.

 You are made aware of side effects and precautions for any pain medication ordered by your doctor.

 You are made aware of alternate ways to relieve pain besides medicine.

What are your responsibilities when it comes to pain control?

 Discuss pain relief options with your nurse or therapist.

 Work with the nurse or therapist to develop a pain management plan.

 Help us assess your pain.

 Tell us if your pain is not relieved.

 Tell us about any worries you have about taking pain medications

Alternative ways to relieve pain, besides medication:

 Relaxation – deep breathing exercises, abdominal breathing, with or without calming music in the background

 Distraction – watching a comedy or listening to peaceful music

 TENS (transcutaneous electrical nerve stimulation), which may be ordered by your doctor

 Massage

 Heat – check with your doctor or nurse to make sure that wet or dry heat will not worsen your pain or cause problems with other ailments that you may have.

 Cold – Check with doctor or nurse to make sure that cold will not cause problems with other ailments that you may have.

What are some of the side effects of pain medication, and how can they be controlled?

 Nausea/Vomiting

o Other medications can be ordered to control or prevent this

o Check to see if you should avoid taking the medicine on an empty stomach

 Constipation

o Increase your fiber intake

o Increase your fluid intake (check with your doctor or nurse to make sure that an increase is safe for you)

o Abdominal massage – rub from right to left across the upper abdomen and down the left side for 2-4 minutes

o Use a mild laxative, suppository, or enema as ordered by your doctor

 Drowsiness

o Stay well hydrated

o Drink coffee or other caffeinated beverages

o Speak with your doctor about adjusting the dose for daytime use, having a different medication for daytime use, or having 2 different medicines (1 for mild pain and 1 for severe pain)

 Diarrhea

o Other medications can be ordered to control or prevent this

o Decrease your fiber intake

o Drink plenty of fluids to prevent dehydration