

**AT CALVARY JOHN JAMES HOSPITAL
WE CARE ABOUT YOUR PAIN.
YOU CAN HELP TOO...**



173 STRICKLAND CRES, DEAKIN ACT 2600

**T: (02) 6281 8100
F: (02) 6281 8174**



MANAGING YOUR PAIN IN HOSPITAL

CALVARY JOHN JAMES

**HEALING
STEWARDSHIP
RESPECT
HOSPITALITY**

In The Tradition of The Sisters of The Little Company of Mary



Printed 7/2013

TELL US ABOUT YOUR PAIN

By controlling your pain as best we can, you are likely to recover faster. You need to tell us how you feel and particularly how strong your pain is. You will be asked on a regular basis to rate your pain – this is how we know how you are feeling and what is working best for you.

TELL US WHERE YOUR PAIN IS AND WHAT IT'S LIKE

Pain from different parts of the body comes from different causes. Knowing where your pain is coming from and how it feels (aching, burning, stabbing) helps us to give you the best treatment.

HOW TO TELL US

When you come into the hospital you will be asked to rate your pain using one of the following two scales, verbally using the Numerical Rating scale or with the Faces Rating scale by pointing to one of the faces which shows best how much pain you are currently feeling.

You will be asked to rate your pain while you are resting, and then asked to rate your pain in the same way after moving or coughing to see if that makes a difference.

PAIN IS VERBALLY SCORED ON A SCALE, FROM 0 TO 10, WITH 0 BEING 'NO PAIN' AND 10 BEING 'WORST PAIN EVER'.

NUMERICAL RATING SCALE (NRS)

0	No Pain
1-3	Mild
4-7	Moderate Pain
10	Worst Pain Possible

FACES RATING SCALE (FRS) - WONG BAKER FACE SCALE



0
No
Hurt



2
Hurts
Little Bit



4
Hurts
Little More



6
Hurts
Even More



8
Hurts
Whole Lot



10
Hurts
Worst

HOW OFTEN SHOULD YOU TAKE PAIN MEDICATION?

Each person has an individual need for how much or how often to take pain medication. However, taking pain relief medication regularly will help to keep your pain under control and aid in your mobility and recovery. Most pain-relieving tablets last about 4 to 6 hours.

WILL THIS ENSURE THAT ALL MY PAIN WILL BE GONE?

Although we would like to take away all the pain and discomfort you might experience, in reality it often cannot be removed completely.

However our aim is to make you as comfortable as possible, especially when moving around and performing activities you need to do to get better.

WHAT ELSE CAN YOU DO?

Ask for pain relief before you get too uncomfortable. It is harder to ease pain once it has taken hold.

Remember to tell your nurse or doctor about any pain that doesn't get better, even after having pain medicine.

WHAT IF I ALREADY TAKE PAINKILLERS?

If you are taking painkillers on a regular basis, you must let your doctor know. This will ensure that you get the treatment that is best suited to you.

HOW OFTEN WILL YOU BE CHECKING ON ME?

You will be checked every few minutes to every few hours depending on your condition. You can also press the nurse call button to call for assistance whenever you need it. Nursing staff will always be nearby.

WHO WILL BE CHECKING ON ME?

Your nurses will be checking you most often, with your treating doctors usually seeing you daily.

ARE PAINKILLERS BAD FOR YOU OR ADDICTIVE?

No, having painkillers to ease short-term pain is not addictive. However, all medications may produce side effects, so you must tell the medical staff if you feel sick or very sleepy.

PAIN TREATMENT OPTIONS

Your pain may be treated in a number of ways – what works best for you will be decided by you and your doctors and nurses and based on the location and type of pain that you have. Some of the options listed below are for surgical pain only.

Some options include:

- Tablets that you swallow.
- Occasional injections.
- Continuous drip containing pain medicine.
- Patient Controlled Analgesia (PCA) small doses of pain medicine controlled by the patient through a drip (IV).
- Local Anaesthetics, this drug may be injected near a wound, it will block the feeling of pain.
- Epidural & Spinal Pain Medicine given into a patient's back and blocks pain following surgery or during childbirth.
- Special techniques used when moving and coughing that minimise discomfort.
- Non drug therapies such as hot or cold packs.

WHEN SHOULD I CALL THE NURSE?

- If you believe it is time for your next dose of pain medication.
- If you are unable to move or sleep because of pain.
- If you believe your pain medication is not working.
- If you feel itchy.
- If you develop a rash.
- If you have problems passing urine.
- If you are connected to a pain pump and the machines alarm bell rings persistently.
- If you have any questions.

References:

Macintyre P, Ready B (2001) *Acute Pain Management : A Practical Guide*, Second Edition, W.B Saunders, Sydney
Victorian Quality Council Safety & Quality in Health, (2007) 'Acute Pain Management Measurement Toolkit'.