What is Pain?
Pain is physical discomfort usually caused by illness or injury. There are two different parts of pain:

1. The physical sensation of pain
2. The emotions and fears pain causes

It is normal to have emotional stress in the hospital, but stress - along with lack of sleep, boredom & being inactive - can make pain worse. Part of our plan for managing your pain will be working on these issues with your help.

There are two kinds of pain:

Acute Pain
• Usually only lasts a short time
• Caused by something recent such as surgery, injury, or illness

Chronic Pain
• Lasts a longer period of time (3 months+)
• The cause sometimes cannot be found or healed
• It is often something that the person learns to function and “live with”
• Pain relief methods other than medications are often helpful for chronic pain since medications alone do not usually take away all of the pain.

Oral vs. IV Medication
Two common types of medications are oral and IV. Oral medication is pills or liquid you take by mouth.

Why don’t we always use IV pain medication?
Oral medication is just as strong as IV medicine, controls pain better, lasts longer and can be used at home. We will change IV medication to oral as soon as we can. This way we can make the best pain control plan in the hospital and when you leave the hospital.

My Pain Management Guide

Our team will discuss your pain management options with you regularly in the hospital. While we might not be able to make your pain disappear, we will do our best to manage it with your help.

Please ask your doctor or nurse if you have any questions about your pain plan.
**Managing Your Pain**

**Pain Medication**
For severe pain, using more than one kind of medication often works best.

**Positioning, Stretching, and Activity**
Often changes in position can help with pain. Use pillows to support arms, legs and back. Try walking or sitting in a chair. A shower or bath may help as well.

**Music Therapy**
Music can help you release tension and relax. Tune to Channel 90 on your TV.

**Touch and Light Massage**
Friends or family may be able to help provide the healing power of touch.

**Social Work Visit**
Social workers can offer mindfulless or relaxation techniques or help with coping skills.

**Chaplain Visit**
Our chaplain can pray with you or work with you using guided imagery.

**Pet Therapy**
Talk to the nurse about pet therapy to help with pain, anxiety and stress.

**Heat and Cold Therapies**
Talk to your nurse about using hot and cold packs.

**Personal Care Needs**
- Toothbrush
- Toothpaste
- Denture cleaner
- Lip balm
- Hair tie
- Shampoo
- Conditioner
- Deodorant
- Nail file
- Pajamas

**Comfort Items**
- Warm blanket
- Extra pillows
- Humidification of oxygen tubes
- Ear pads for oxygen tubes
- Mouth swabs
- Saline nose spray

**Relaxation Options**
- Ear plugs
- Door/drapes closed
- Personal headphones
- Quiet uninterrupted time

**Boredom Busters**
- Books/magazines
- Crosswords
- Sudoku
- Deck of cards
- Word search
- DVDs
- Board Games

**Tracking Your Pain**

<table>
<thead>
<tr>
<th>Date</th>
<th>Comfort</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Little or no pain</td>
</tr>
<tr>
<td></td>
<td>Some Pain</td>
</tr>
<tr>
<td></td>
<td>Uncomfortable but manageable</td>
</tr>
<tr>
<td></td>
<td>Can’t handle</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Change</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Getting better</td>
</tr>
<tr>
<td></td>
<td>About the same</td>
</tr>
<tr>
<td></td>
<td>Getting worse</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Pain Control</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Just about right</td>
</tr>
<tr>
<td></td>
<td>Not enough pain medication</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Function</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>I can do everything I need</td>
</tr>
<tr>
<td></td>
<td>I can do most things with some pain</td>
</tr>
<tr>
<td></td>
<td>I can’t do much because of pain</td>
</tr>
<tr>
<td></td>
<td>Can’t do anything because of pain</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sleep</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Normal sleep</td>
</tr>
<tr>
<td></td>
<td>Awake with occasional pain</td>
</tr>
<tr>
<td></td>
<td>Awake with pain most of the night</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Notes</th>
<th></th>
</tr>
</thead>
</table>