

TEACHING US ABOUT YOUR PAIN WILL HELP US TREAT IT

Patients have the right to have the best pain relief possible and we know that the best pain management involves patients, families and health professionals.

The most effective way of treating your pain is to have you tell us about it. Inside you will find a list of questions and topics about your pain. Think about them and consider discussing them with your family before you speak to your nurse or doctor.

WORST
POSSIBLE
PAIN



NO
PAIN

HOW INTENSE IS YOUR PAIN?

(If you have more than one pain, rate each one separately)

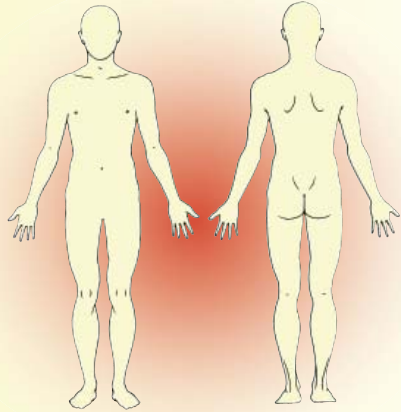
On a scale of 0 – 10, how would you rate your pain?

ONSET OF PAIN AND DURATION

When did your pain begin?

What were you doing when the pain began? Did you injure yourself?

How long have you been having this pain?



WHERE ARE YOU HAVING PAIN?

QUALITY OF PAIN

If you are able to, it is very helpful to use some of the following words to describe what your pain feels like. These adjectives will help your nurse and doctor determine what kind of pain you are having and they will then be better able to treat it.

Circle the ones that apply:

Is the pain: Sharp Dull Achy Stabbing
 Burning Shooting Throbbing Other: _____

FREQUENCY

How often are you having pain?

Is the pain always there or does it come and go?

ASSOCIATED SYMPTOMS

Do you experience other symptoms that come either before or during the pain? For instance, do you feel nauseous, or, light-headed?

Do you have diarrhea, vomiting, or difficulty sitting, walking and/or moving around?

Does the area that is painful change color or temperature when you are having pain?

WHAT BRINGS ON YOUR PAIN?

What makes the pain worse? How much worse?

What makes the pain better? How much better?

Patients who experience **chronic pain** (pain or discomfort that continues for an extended period of time) sometimes have different things accompany the pain.

If you are experiencing chronic pain:

Does the pain change when the weather outside changes?

Does the pain often occur at the same time each day or after the same daily functions (ex. after eating, after going to the bathroom)?

LIFESTYLE

How is your pain affecting your daily life?

Are you having trouble walking, sleeping, eating or going out with friends and families?

Are you having trouble taking care of daily activities (for example cooking, bathing or housekeeping)?

Do you find that your mood has changed because of your pain?

People often have other words for pain. Do you, or your family, use other words for pain? Why do you think you are having pain? Do you think there is anything that you haven't tried that would make your pain better?

If you have experienced pain in the past, tell us about it. What helped? What didn't help?

Taking the time to think about these questions will help us develop a pain management plan that will work for you!

References

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Websites / resources for information on pain control:

Canadian Council on Health Services Accreditation

<http://www.cchsa.ca>

Canadian Pain Society

<http://www.canadianpainsociety.ca>

IMPORTANT – PLEASE READ CAREFULLY

The information contained in this document is provided for general informational purposes only. It is not intended to be a substitute for a consultation with a qualified health/medical professional, or to provide medical advice, diagnosis or treatment. While the information is current at the date of publication, it is subject to change at any time with the advancement of health science knowledge. Please seek the advice of a qualified medical practitioner for your particular medical or health questions. The Sir Mortimer B. Davis – Jewish General Hospital accepts no responsibility whatsoever for the use of this information.

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