

PAIN MANAGEMENT SURVEY

Initial pain assessment and evaluation...

- Are you having pain related to your scheduled procedure?
Yes ___ No ___
- Where is your pain located?

- Duration of Pain

- Intensity of pain _____
Using the pain scale
- Does pain radiate Yes ___ No ___
If so where _____
- When was the pain most intense in the past 24 hours?

- Are you currently taking medication to manage pain your pain?
Yes ___ No ___
- If so what are you taking and is it effective?

- Does the pain interfere with your activities of daily living?
Yes ___ No ___
- List specific examples, i.e. sleeping or eating, bending...

- List methods used at home to relieve your pain.









UNDERSTANDING YOUR PAIN...

**HealthSouth
Melbourne Surgery
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PAIN SCALE...

Circle the face that best represent the types of discomfort that you are presently experiencing?
CHOOSE THE FACE THAT BEST DESCRIBES HOW YOU FEEL

0	No Hurt	
2	Hurts Little Bit	
4	Hurts Little More	
6	Hurts Even More	
8	Hurts Whole Lot	
10	Hurts Worse	

UNDERSTANDING PAIN MANAGEMENT

What is Pain?

Pain is an uncomfortable feeling that tells you something may be wrong in your body. Pain is your body's way of sending a warning to your brain.

You have thousands of nerve cells, most can sense pain. When there is an injury to your body – in this case surgery, the tiny cells send messages along nerves into your spinal cord and then up to your brain. Pain medicine blocks these messages or reduces their effect on your brain.

After your operation your nurse will ask you about your pain because we want you to be comfortable. Be sure to tell your nurse if you have pain.

Your pain relief rights include...

- Appropriate assessment
- Pain treatment or referral for pain treatment
- Being taught the importance of effective pain management.
- Being involved in making pain management decisions
- Having routine pain medication administered as needed.

Questions to ask before surgery...

1. Ask the doctor or nurse what to expect.
2. Will there be much pain after surgery?
3. Where will it occur?
4. How long is it likely to last?

Being prepared helps put you in control...

1. Discuss the pain control option with your doctor and nurse.
2. Talk with your doctor and nurse about pain control methods that have worked well or not as well for you in the past.
3. Talk about any concerns you have about pain medicine.
4. Give an accurate health history including allergies and current medicine that you take.

After surgery...

1. Pain medicine can be given to you through your IV, as a shot, or as a pill.
2. Other non-drug treatments for pain control include cold packs, relaxation, music, massage, and thinking of positive images.

What to do at home...

1. Appropriately assess your pain using the pain scale you have been taught.

2. Follow post-op instructions that may include the use of ice and elevation.
3. If pain exceeds expected levels contact your physician.

Non-Drug Pain Management Techniques

Distraction...

- Sometimes referred to as cognitive refocusing. Attention and concentration are directed at stimuli other than pain - such as visiting with a friend, reading, or watching TV.

Relaxation...

- A state of relative freedom from both anxiety and skeletal muscle tension. Most effectively achieved by slow deep breathing techniques.

Imagery...

- Mental pictures imagined by you to enhance relaxation.

