

Acute Pain Service

If I have pain, how will it be managed?

Introduction

Pain is an experience that is totally individual and will depend on the type of illness, operation or injury that you have.

Not everyone who comes into hospital will experience pain, but if you do, it is important that we work with you to manage your pain, and make your stay in hospital as comfortable as possible.

Good pain relief helps you:

- feel better,
- move freely,
- breathe deeply and cough

These will help you to recover more quickly.

Information you need to tell us:

Please tell the doctors and nurses caring for you if:

- there are any painkillers you cannot take
- you have been taking painkillers for a long time, even if they are not related to your current admission
- you have had any unpleasant experiences with pain or pain-relieving methods in the past

Why do we need to know this?

This information will help us to make a plan for the management of your pain. We will discuss the plan with you and you can ask any questions.

During your stay, the doctors and nurses will work with you to measure and manage your pain. They will ask you regularly about the level of pain you are experiencing.

A special scale has been developed to help you determine the amount of pain you are in. The illustration on the next page shows the scale. Should you have pain we would

need you to rate the amount of it by using the faces, words or numbers. This information will help us choose the most suitable painkillers for you.

Addenbrooke's **NHS**
NHS Trust

SO TELL ME ABOUT YOUR PAIN..... Pain Rating Scale

VISUAL Scoring				
VERBAL Scoring	None Mild Moderate Severe			
OBSERVER Scoring	Appears Pain free	Appears Comfortable except on movement	Appears Uncomfortable	Appears Distressed

The observer scoring is only used when patient's experience difficulty or are unable to rate the intensity of their pain themselves.

Some questions you might have:

What pain relief will I be offered?

There are many different ways of giving pain relief and you will be given information and a choice as part of your planned care. If there is anything you do not understand, or you want more information, please do not hesitate to ask a member of staff.

What about side-effects?

Sometimes painkillers can cause unwanted side-effects such as:

- sickness
- drowsiness
- constipation

Please tell your nurse or doctor if you experience any of these symptoms as they can often be easily treated. We may need to review and adjust your medication.

What can I do to help my pain?

Reducing anxiety by relaxation will help to ease any tension in your muscles. If you have any worries, please let the doctors and nurses know, as they may be able to help.

For further information on a particular form of pain relief you can ask your nurse to contact the doctor or pain service involved in your care (Acute Pain, Chronic Pain or Palliative Care Services)

Other sources of information on pain can be accessed through the following intranet sites:

http://www.britishpainsociety.org/gen_pubs_reading.html

<http://www.action-on-pain.co.uk/>

<http://www.cancerbacup.org.uk/Home>

<http://www.painconcern.org.uk/pages/page62.phpn>

Please note: Addenbrooke's Hospital is not responsible for the content of external websites



Addenbrooke's is smoke-free. You cannot smoke on site. For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: patient.information@addenbrookes.nhs.uk

Polish

Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: patient.information@addenbrookes.nhs.uk

Portuguese

Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт patient.information@addenbrookes.nhs.uk

Russian

若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到: patient.information@addenbrookes.nhs.uk

Cantonese

Bu bilgiyi diger dillerde veya büyük baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya asagidaki adrese e-posta gönderin: patient.information@addenbrookes.nhs.uk

Turkish

এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পেতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করুন।

Bengali

Document History

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