

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

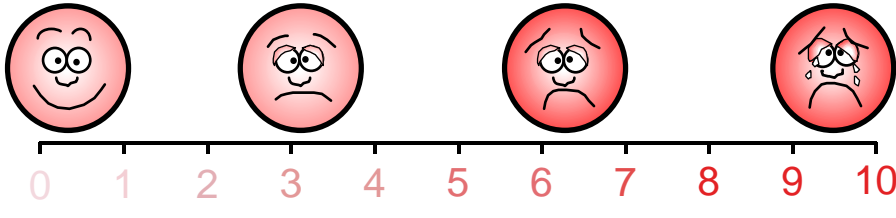
Why do we need to know this?

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.

SO TELL ME ABOUT YOUR PAIN.....

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



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk

Polish

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem Informacji Pacjenta (Patient Information) pod numerem telefonu: 01223 216032 lub pod adresem patient.information@addenbrookes.nhs.uk

Portuguese

Se precisar desta informação noutra língua, em impressão de letras grandes ou formato áudio, por favor peça ao departamento que contacte a secção de Informação aos Doentes (Patient Information) pelo telefone 01223 216032 ou através do e-mail patient.information@addenbrookes.nhs.uk

Arabic

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يمكنك أن تطلب من القسم الاتصال بمعلومات المريض على الرقم: 01223216032 أو عبر البريد الإلكتروني: patient.information@addenbrookes.nhs.uk

Cantonese

如您需以另一語言版本、特大字體或錄音形式索取本資料，請要求部門聯絡病人諮詢服務：電話 01223 216032，電郵地址 patient.information@addenbrookes.nhs.uk

Turkish

Eğer bu bilgileri başka bir dilde veya büyük baskılı veya sesli olarak isterseniz, lütfen bulunduğunuz bölümdeki görevlilere söyleyin Hasta Bilgilendirme servisini arasinlar: 01223 216032 veya patient.information@addenbrookes.nhs.uk

Urdu

اگر آپ کو یہ معلومات کسی دیگر زبان میں، بڑے الفاظ میں یا آڈیو طریقہ سے درکار ہوں تو برائے مہربانی اس شعبہ سے پیشینٹ انفارمیشن سے ذیل کے ذریعہ رابطہ کرنے کی درخواست کریں: 01223 216032 یا patient.information@addenbrookes.nhs.uk

Bengali

আপনি যদি এই তথ্য অন্য কোন ভাষায়, বড় অক্ষরে বা অডিও রেকর্ডিং পেতে চান তাহলে 'প্যাশেন্ট ইনফরমেশান' এর সঙ্গে 01223 216032 নম্বরে ফোন করে বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করে যোগাযোগ করার জন্য ডিপার্টমেন্টটিতে অনুরোধ জানান।

Document history

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