

Pain — What to expect

Welcome to Reedsburg Area Medical Center. Thank you for choosing us as your healthcare partner.

It is common to feel pain while in the hospital. If you experience pain during your hospital stay, your care team will use a pain scale to assess your pain. The pain scale will allow them to evaluate how much pain you feel and how well you are able to tolerate everyday activities.

Although it may not always be safe or possible to eliminate all of your pain, your care team will work with you to create an *individualized pain management plan* that aligns with your needs and goals. Discuss with your nurse if you have a plan at home that works for you.

Your care team may ask these questions to assess your pain:

1. *Do you have pain?*

2. *Is your pain tolerable or intolerable?*

■ If your pain is *tolerable*:

- Can you still go on a walk, cough and deep breathe?

■ If your pain is *intolerable*:

- Can you still watch TV, talk on the phone, or read?
- Can you still get out of bed and walk, cough, and deep breathe?
- Does your pain keep you from talking?

This scale may be used to assess your pain:

Functional Pain Scale						
No Pain	Tolerable	Tolerable	Tolerable	Intolerable	Intolerable	Intolerable
	Able to perform all activities	Prevents some active activities	Pain that becomes intolerable with movement	Pain that prevents many active, but not passive activities	Pain that prevents all active and passive activities	Unable to do anything, even speak related to pain
	Mild Pain Symptoms		Moderate Pain Symptoms		Severe Pain Symptoms	

Menu of Pain Control and Comfort Options

This menu was designed by patients and caregivers to help you and your care team make pain goal decisions together.

Your plan may include various ways to manage your pain. Depending on your individual plan of care, some options may be restricted for a time until your condition improves.

You know how you are feeling better than anyone, so we hope this menu makes it easier for you to talk to us about your pain control throughout your diagnosis and treatment.

Comfort Items

- Warm compress or ice pack
- Heating pad
- Warm blanket or washcloth
- Extra pillows or gown
- *Saline nose spray
- Mouth swab
- Socks

Keep boredom at bay

- Use your personal electronic device to surf the web, listen to music or a book, watch a movie, or play a game. In-room Wi-Fi is available free of charge.
- Reading material
- Deck of cards
- Puzzle book (crossword puzzles, word searches, Sudoku)
- Coloring pages

Personal care items

- Lip balm
- Toothbrush/toothpaste
- Dental floss
- Deodorant
- Lotion
- Comb/brush
- Hair tie
- Nail file
- Pen or pencil
- Pajama bottoms
- Shampoo/conditioner

Relaxation options

- Ear plugs
- Sleep mask
- Stress ball
- Aromatherapy
- Sound machine
- Quiet/uninterrupted time (discuss this with your nurse)
- Herbal tea

Comfort Actions

- Re-positioning
- Walk in the hall
- Gentle stretching/range of motion
- *TENS Unit
- *Pet Visits
- *Physical Therapy
- *Massage Therapy

*Pain Medication

Some possible side effects:

- Drowsiness—your care team will watch you carefully for this side effect.
- Nausea—inform your caregiver if you have nausea. There are medications which can help. After discharge, make sure oral pain medications are taken with food.
- Constipation—let your caregiver know if you have constipation. Medications such as laxatives or stool softeners can help you.

***Requires a physician's order.**