



LAKE CITY Community Hospital

"Bringing Good Health To Our Community"

A Helpful Guide to Pain Control

(Applies to the patient and/or the patient's representative to include parent(s) or guardian)

These days, almost no one has to suffer in pain because there are many kinds of treatments that can be used to effectively control pain, no matter where it comes from.

If you are currently suffering in pain, you need to talk to your doctor or nurse so they can prescribe treatment or medicine to help relieve your pain.

What Causes Pain?

Most pain is caused by damage to nerves or tissue. But, no matter what the cause, pain is serious concern for patients and health-care providers.

Understand the Pain Cycle

Pain creates anxiety and fatigue. As pain increases, so does anxiety. With each trip around the pain cycle, pain, anxiety and depression become more intense.

You have a right to Pain Relief

You should be getting a quick, effective and concerned response when you say that you are in pain.

YOU HAVE THE RIGHT TO:

- ❖ Initial assessment and reassessment of pain
- ❖ Education regarding you and your family's roles in managing pain
- ❖ Consideration of your personal, cultural, spiritual and/or ethical beliefs when communicating to you and your family that pain management is an important part of care
- ❖ Information and answers to your questions about pain and pain relief
- ❖ A feeling that the staff cares about your pain and is committed to pain prevention
- ❖ A quick response from your doctor or nurse when you report pain
- ❖ The best available pain relief treatments
- ❖ A sense that your complaint of pain is believed by your doctor or nurse
- ❖ To ask your doctor or nurse what to expect regarding pain and pain management
- ❖ To discuss different kinds of pain relief choices with your doctor or nurse
- ❖ To work with your doctor or nurse to make a pain relief plan
- ❖ To ask for pain relief as soon as the pain begins
- ❖ To help doctors and nurses measure your pain
- ❖ To tell your doctor or nurse about any pain that won't go away or is not relieved

Get the facts...

Today, pain control is a very important part of a hospital's care of patients. First of all, you should be asked about pain when you enter the hospital. Next, you and your family should be told that effective pain relief is available and is an important part of treatment. In many cases, the hospital can give you educational material that explains pain and how to control it.

Once you are on pain medicine, the hospital should make sure you are getting the correct dosage by asking you, within 24 hours, if you are still suffering from pain and how much or how little it has improved.

Remember these three things:

1. Almost no one should have to live with pain
2. There are treatments and medicines that really work
3. Your doctor or nurse cannot help you unless you tell them about the pain

PAIN MANAGEMENT AT HOME:

A person may feel less pain just by being in a familiar setting. If you're providing home care for a loved one in pain, keep in mind the importance of:

Family Communication

Talk to your health care provider about what changes you can expect in home life. Let family members know how they can help. Encourage all family members to voice their concerns and needs.

Good Physical Care

It's important to know proper patient care techniques. Talk to your healthcare provider, a home health agency or hospice organization.

Love and Support

Spending time with a loved one in pain can be a powerful medicine. Discuss things he or she likes talking about. Your attention and affection mean a lot.

SO.....PAIN CAN BE CONTROLLED!!

- ✓ Understand how pain affects a person's body, mind and life.
- ✓ Learn how to communicate your pain.
- ✓ Take an active part in pain management if you or someone you love is being treated for pain.



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