

Pain Management Techniques

- ❖ Oral, intravenous and intra muscular pain medications given by a healthcare professional.
- ❖ Intravenous Patient Controlled Analgesia (PCA)
- ❖ Heat Therapy
- ❖ Cold Therapy
- ❖ Physical Therapy (TENS units, ultrasound, therapeutic exercises, massage)
- ❖ Occupational Therapy (therapeutic exercises)
- ❖ Epidural Steroid Injections
- ❖ Epidural Analgesic
- ❖ Intrathecal

Things You Can Do On Your Own:

- ❖ Relaxation techniques
- ❖ Self-positioning
- ❖ Music therapy
- ❖ Breathing exercises
- ❖ Diversion (watch your favorite movie or ask friends and family to come for a short visit)
- ❖ Laughter truly is the best medicine!

When You Go Home

- ❖ Make sure you understand your doctor's orders for pain medication. Take them exactly as directed. If you have questions, ask them.
- ❖ Plan ahead so you have enough pain medication for weekends or holidays.
- ❖ Pace yourself! It may take time to build up to your normal activity.

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Henry County
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Pain Management

Unrelieved pain can lead to problems such as loss of mobility, poor respiratory effort, depression, prolonged recovery after surgery and increased length of hospital stay. However, most pain can be controlled. HCHC believes that you have the right to have your pain assessed and treated, and we will work with you to assure your pain is prevented or relieved.

Patient's Pain Care Bill of Rights

As a person with pain, you have the right to:

- ❖ Have your report of pain taken seriously and to be treated with dignity and respect by doctors, nurses, pharmacists and other healthcare professionals.
- ❖ Have your pain thoroughly assessed and promptly treated.
- ❖ Be informed by your doctor about what may be causing your pain, possible treatments and the benefits and risks of each.
- ❖ Be referred to a pain specialist if your pain persists.
- ❖ Get clear and prompt answers to your questions, take time to make decisions, and refuse any treatment of your choosing.

Myths About Pain

- ❖ Pain medications are addictive and to be used only as a last resort.
- ❖ Severe or chronic pain cannot be effectively controlled.
- ❖ Pain is an unavoidable result of aging or the disease process.
- ❖ It is more admirable or socially acceptable to ignore pain.

Patient's Pain Care Responsibilities

As a patient at HCHC, you have the responsibility to:

- ❖ Ask your doctor or nurse what to expect regarding your pain course, treatment options and pain management. Include any fears you may have.
- ❖ Discuss pain relief options with our doctors and nurses.
- ❖ Work with your doctor and nurse to develop a pain management plan that is individualized to you.
- ❖ Ask for pain relief when pain exceeds your personal comfort level. Pain is easier to prevent than to treat.
- ❖ Give your doctor or nurse an honest report of pain using the 1 to 10 pain scale.
- ❖ Tell your nurse or doctor if pain is not relieved.
- ❖ Tell your nurse or doctor if you are experiencing any side effects of pain medication (nausea, constipation, etc.)

The Pain Rating Scale

The 0 to 10 pain rating scale is a helpful way for you to easily describe your level of pain to your doctor and nurses so they can help manage your pain.



Your nurse or doctor will ask you to rate your pain on a regular basis. You may be asked to rate your pain once a day or as often as every few minutes for severe pain.

In some patients, pain medications can cause nausea, vomiting, constipation and itching. These symptoms do usually go away within the first couple of days after starting a pain medication, but your doctor and nurse can help relieve these side effects in the meantime.