

# Tell us about your Pain ..



DEC. 2010

By controlling pain as best we can, you are likely to recover faster. You need to tell us how you feel and particularly how strong your pain is. You will be asked on a regular basis to rate your pain-this is how we know how you are feeling and what is working best for you.

### How to tell us?

When you come into the hospital your nurse will show a "pain ruler", on which you point to indicate how much pain you are experiencing.

Pointing at the far left end indicates "no pain" and the far right end indicates "worst pain ever". You would point to the position in between which best represents your current pain. You will then be asked to rate your pain in the same way after moving or coughing to see if that makes a difference. These pictures show how this might look on a pain ruler.

A "Pain Ruler" is not suitable to everyone; a common alternative of letting us know if you have pain is by asking you to rate it on a scale out of ten.

For Pediatric patients the nurse analyses the pain using the below pain scale.

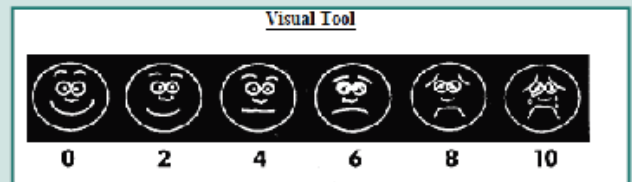
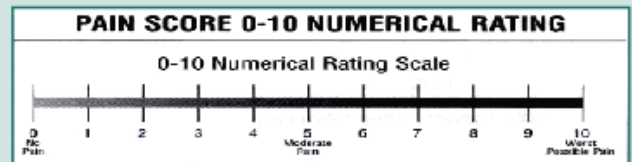
Pain is scored on a scale, graded from 0 to 10, with 0 being "No Pain" and 10 being "Worst pain ever"

### Tell us where your pain is and what it's like?

Pain from different parts of the body comes from different causes. Knowing where your pain is and how it feels (is it aching or burning or stabbing) helps us to give you the best treatment.

### What else can you do?

Ask for pain relief before you get too uncomfortable. It takes time to ease pain once it is severe. Remember to tell your nurse or doctor about any pain that doesn't get better, even after having pain medicine.



## Follow-up appointment

Keep your follow-up appointments with your doctor.  
It is important for your doctor to monitor your progress.

### For a follow-up appointment:

**Date:**.....

**Doctor's Name:**.....

**Telephone:** 22232000

Send #1 to the mobile number 97244524 and an operator will contact you for your appointment details.

**Website:** <http://www.sih-kw.com>

### Special Instructions

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If you have any questions or concerns, call your doctor or nurse.

