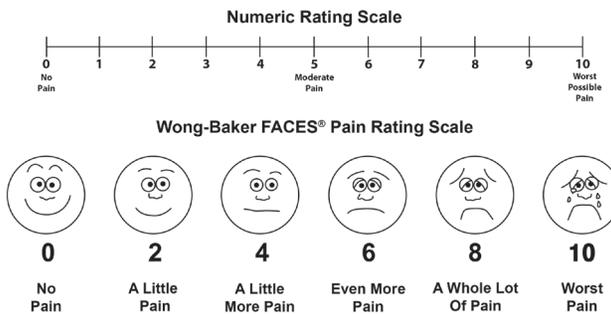


Your care team may ask you to rate your pain:

Choose a face or number that best describes how you feel:

- **Mild Pain:** 1-3
- **Moderate:** 4-7 (*interferes with work or sleep*)
- **Severe:** 8-10 (*interferes with all activities*)



You're not alone:

No one wants to be in pain, and your team is there to help. You're a key team member, so it's very important to speak up and let them know how and what you're feeling. Because when we all work together, it'll help put you on the path to recovery and feeling better as soon as possible.

The care team wants to partner with you to:

- Communicate realistic expectations and set daily goals
- Assist you in meeting your daily goals
- Work with you to reduce the degree to which pain interferes with activities including mobility, sleep and overall quality of life
- Strive to relieve associated psychological stressors

At discharge:

- Ask about controlling pain when you go home
- Understand how to take your medicines and when to contact your doctor about managing your pain

Additional resources for patients and families:

"An Alternative and Complementary Medicine Resource Guide"

from the Alternative Medicine Foundation

⇒ amfoundation.org/pain.htm

"Nonpharmacologic Treatment for Fibromyalgia: Patient Education, Cognitive-Behavioral Therapy, Relaxation Techniques, and Complementary and Alternative Medicine"

from the National Center for Biotechnology Information

⇒ ncbi.nlm.nih.gov/pmc/articles/PMC2743408/

"Alternative Methods to Help Manage Pain After Orthopaedic Surgery"

from the American Academy of Orthopaedic Surgeons

⇒ orthoinfo.aaos.org/topic.cfm?topic=A00649



301 HOSPITAL DRIVE • GLEN BURNIE, MD 21061
MYBWMC.ORG • 410-787-4000

Helping Your Care Team Understand Your Pain.



Every person feels pain differently. At UM BWMC we define pain as "whatever the experiencing person says it is, existing whenever the experiencing person says it does."

Our team understands that pain is a complex process requiring a care plan unique to your individual needs.



What is pain?

- Pain is an uncomfortable feeling that comes from injury, disease or damage to your body.
- Pain is sometimes a nuisance or it may be a signal that something is wrong.

Speak up and ask questions!

If you are currently suffering with pain, you need to talk to your doctor, nurse or patient care technician, so you can be prescribed a treatment plan to help relieve your pain.

Your rights to pain relief are:

- Information and answers to your questions about pain and pain relief.
- A quick response from your care team when you report pain.
- A sense that your report of pain is believed.
- Our goal is to reduce your pain.

Help yourself to manage and control your pain.

- Ask about what is causing your pain and learn more about it.
- Different types of pain respond to different treatments.
- Know when to seek help whether in the hospital or between follow-up visits.
- There are safe and effective ways to treat pain without using medications.

Your responsibilities in pain relief are:

- To discuss different kinds of pain relief options with your care team.
- To work with your care team to make a pain relief plan including setting realistic goals.
- To assist the care team with managing your pain.
- To tell your care team about any pain that will not go away. It is unlikely to eliminate pain completely in some cases. Our main goal is to control the symptoms to reduce distress and promote healing.

Facts about opioid (pain pills) use:

During your recovery from this illness or surgery, your care team feels that good pain control will enhance your healing. It's usually best to address the pain early, hitting it hard with the treatment that is right for you so that you heal faster.

In addition to non-opioids, sometimes opioid medication may be used. Some people worry they will get addicted to these medications.



However, opioid medications are used sparingly for only short durations of time and in most patients unlikely to lead to addiction.

Be honest and notify your care team if there are addiction issues in your past or in your family. This information will help guide your treatment.

Other pain management strategies (multi-modal) that may help you manage your pain:

There are other things your team can use to help you experience less pain. You might even hear the care team say “multi-modal” pain management. What that means is they're using more than one kind of medication or type of treatment.

Many drugs other than opioids are available for treating pain. These medications may be used alone or in combination with opioid medication in order to provide better pain relief while minimizing unwanted side effects of any one medication.

Non-pharmacologic strategies for ongoing management of both acute and chronic pain include physical and occupational therapy, procedural techniques, and psychological measures. These strategies aim to restore function and mobility and to reduce psychosocial stressors that contribute to pain.

We can offer the following at UM BWMC:

- Ice or heat
- Relaxation by deep breathing
- Distraction with music, imagery and humor
- Massage
- Meditation and quiet (ear plugs for noise)
- Prayer, spiritual and pastoral support
- Pet therapy