

Understanding and treating your pain

We want to do everything we can to help you control your pain.

Understanding Your Pain

Below are some questions your healthcare team may ask you:

“Where do you feel pain?”

“How long have you had the pain?”

“How does the pain feel: is it dull, tender, aching, cramping, shooting, burning, radiating, throbbing, stabbing, tingly, gnawing, squeezing?”

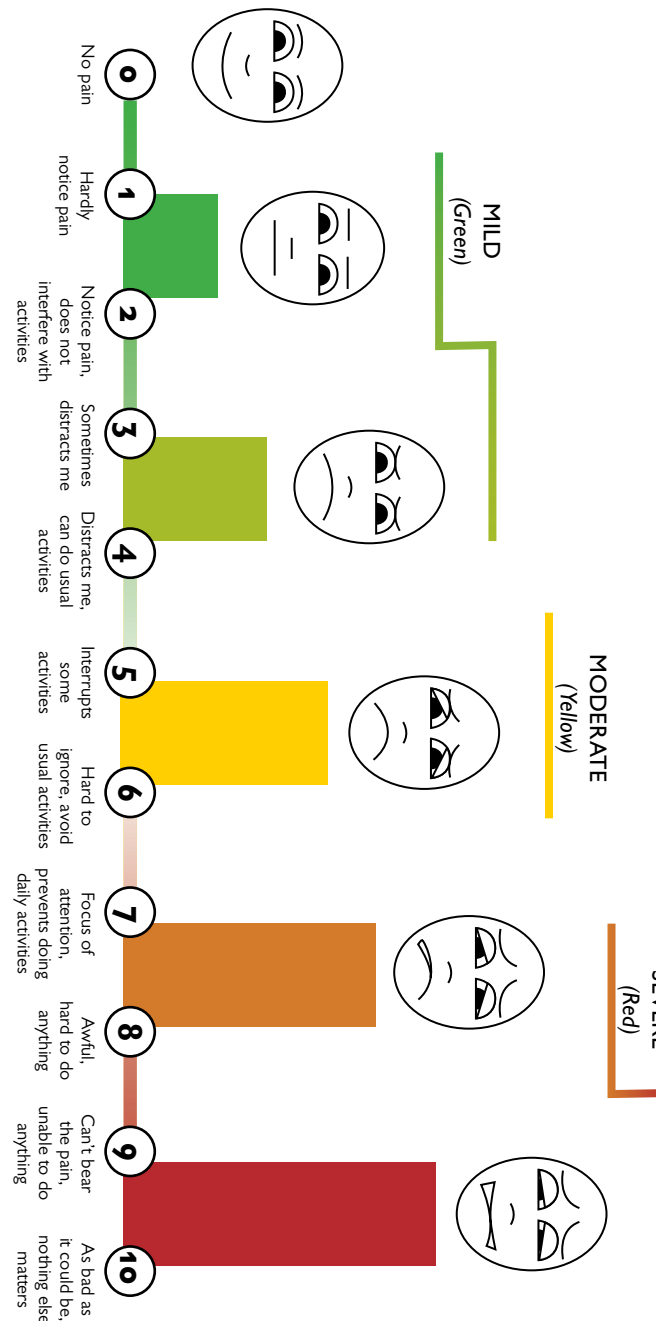
What makes the pain worse? What makes the pain better?”

Treating Your Pain

Only you know how much pain you feel and some things to keep in mind:

- Most pain can be controlled.
- Communication with healthcare team is important.
- Medications may provide relief.
- Relaxation and comfort items may help.
- Sleep is important and will help with healing.

Pain Rating Scale



THE JOHNS HOPKINS HOSPITAL

Your pain control and comfort menu

Welcome to The Johns Hopkins Hospital. One of the most important things we want to do is help you control your pain. We want to do everything we can to help you control your pain, and there are many ways to do this.

Please discuss pain and comfort items with your health care team as some items may not be best for you.

To Help You Sleep

- Sleep kit (ear plugs/eye shield)
- Uninterrupted sleep time

To Help You Feel Comfortable

- Warm pack/cold pack/ice/heat
- Warm blanket(s)
- Warm washcloth
- Extra pillow(s) (neck, knees, ankles)
- Humidification for your oxygen tube
- Saline nose spray
- Fan
- Bed repositioning
- Walk in the hall
- Shower
- Gentle stretching/range of motion
- Food or beverage request



To Help You Relax

- Stress ball
- Handheld back massager
- Visit from chaplain
- Visit from social worker
- Soothing Instrumental Music (TV Channel)
- Guided Imagery Therapy (TV Channel)
- Quiet/uninterrupted time
- Pet therapy

To Help You Feel Better

- Lip balm
- Toothbrush/toothpaste/dental floss
- Deodorant
- Comb or brush
- Q-tip/cotton swab/nail file
- Shampoo
- Pajama bottoms
- Robe
- Hair band
- Mouth swab/mouth wash
- Lotion

For Your Entertainment

- TIGRNet
- Book/magazine/movie
- WiFi for your personal laptop or tablet
- Deck of cards
- Puzzle book (crossword puzzles, word searches, Sudoku)
- Notepad and pen
- Board games
- Arts & crafts