

INTRODUCTION

Keeping your pain under control is important to your well being. It will help you eat better, sleep better, and move around more easily.

Please make sure you ask for help with your pain.

Some people feel that they should just put up with pain. They think it is childish to tell anyone about pain or to take medicine for it. Other people don't want to be a bother. These people tend to say nothing about pain until it is so bad they can't stand it. This is not a good idea. When pain becomes this bad, it is much harder to control. If you get pain relief before the pain reaches this point, it will take less medicine to make you feel better.

We want you to be as comfortable as

PAIN SCALES

Word Scale:

For some people, it is easiest to tell how bad the pain is by choosing one of five words to describe the pain. These words are:

- None
- Mild
- Moderate
- Severe
- Excruciating (Worst Pain Imaginable)

Zero to 10 Pain Rating Scale:

For other people, it is easiest to tell how bad the pain is by using a scale from 0 to 10. On this scale, 0 means no pain at all, and 10 is the worst pain possible.



Wong-Baker FACES Pain Rating Scale:

With this scale, each face is for a person who feels happy because he has no pain, or sad because he has some pain or a lot of

CONTROLLING YOUR PAIN

If medicine does not help your pain or if you are having side effects, please tell your doctor or nurse. Tell us if you:

- Have stomach ache, nausea, vomiting
- Feel too sleepy
- Are constipated
- Itch all over

Your doctor may order medicines that can help relieve your side effects.

Pain medicines are safe and helpful when given by doctors and nurses. Some people worry that they will become addicted to the medicine they get for pain but this almost never happens when these medicines are used for the relief of pain. Talk to your doctor or nurse if you are worried about this.

possible. Tell us about your pain.

To help speed your recovery, we ask that you think about your level of pain. The doctors and nurses count on you to tell them how bad the pain is. They cannot measure pain with a test. Instead they will ask that you tell them about your pain in one of the three ways listed on the next page.

pain. Face 1 hurts just a little bit. Face 3 hurts a little bit more. Face 5 hurts as much as you can imagine, but you don't have to be crying to feel this bad. The doctor or nurse will ask you to choose the face that shows how you are feeling.



PAIN CONTROL

Please ask your Radiation Oncologist, Primary Care Nurse or Radiation Therapist to review this information with you and to answer any questions you may have. Keep your team informed about your pain levels.

USEFUL INFORMATION

Address: UPMC Whitfield Cancer Centre,
Cork Road, Co. Waterford

Telephone: 051337444

Website: UPMCWhitfieldCancerCentre.ie

