

Making a plan to treat your pain

THERE ARE MANY WAYS TO RELIEVE YOUR PAIN THAT DOES NOT INCLUDE MEDICATION. MOST OF THESE METHODS HELP YOU TO RELAX.

The mind is a very powerful tool to help manage pain. When you are relaxed, your muscles are not as tense, and this helps in the management of your pain.

Here are several methods to help your pain. Select a few of these options, and talk to your nurse to see if they are appropriate for you. Each person may respond to these therapies differently.

NON-MEDICINE TREATMENT OPTIONS INCLUDE:



HEAT/COLD THERAPY

Heat can relieve muscle spasms and/or sore muscles, while cold can ease pain by numbing pain sensations and decreasing swelling. Try a heated rice bag, warm blanket, a shower or a cold washcloth.

PHYSICAL THERAPY

Physical therapy teaches you exercises to help improve movement and strength and to decrease pain.



DISTRACTION

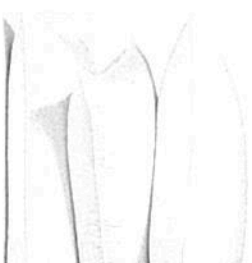
Distraction turns your attention to something other than the pain. Any activity that occupies your attention can be used for distraction. Work with your nurse to determine what you like to do. Try reading, coloring, journaling, watching TV, a fidget spinner, stress ball, participating in group therapy or activities.

COGNITIVE BEHAVIORAL THERAPY

Practicing cognitive behavioral therapy (CBT) helps to change thoughts, emotions and behaviors related to pain.

BREATHING AND RELAXATION STRATEGIES

Adjusting light, sounds and room temperature can help provide a soothing environment. Deep breathing and relaxation strategies can help loosen tight muscles and decrease anxiety, both of which may help to decrease pain. Ask about aromatherapy, progressive muscle relaxation and mindfulness.



ABDOMEN, CHEST OR NECK SUPPORT

Additional support may help decrease pain caused by movement.



AROMATHERAPY

Many people report that aromatherapy helps them ease pain by creating a healing environment and promoting relaxation.



REPOSITIONING

Repositioning, moving, and adding additional support can increase blood flow and prevent muscle spasms. Try walking, stretching or yoga. Ask about an egg crate mattress or extra pillows.



SPIRITUAL SUPPORT

Most people can use this method. This method may help reduce the depression and anxiety that is caused by pain.

What is Pain?

Pain is an uncomfortable feeling that your body uses to tell you that something may be wrong. It can be described as steady, throbbing, stabbing, aching, pinching, etc. Sometimes it's just a nuisance, like a mild headache. At other times, it can be debilitating.

Pain can occur anywhere in the body. The way you feel pain is unique to you. We care about your pain. Nurses will talk to you about how much pain you are having.

TELLING US ABOUT YOUR PAIN

TELL YOUR NURSE...

HOW the pain feels.

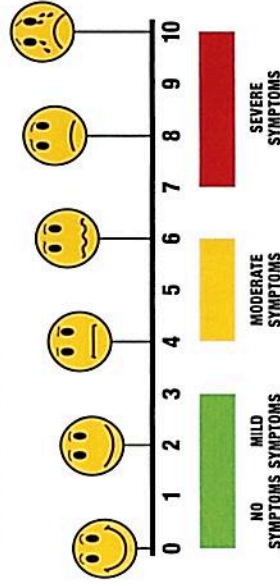
- ▶ IS IT BURNING? STABBING? SHARP?

LOCATION of the pain.

- ▶ Is the pain in one spot? Can you point to it with one finger?
- ▶ Does it start in one spot and shoot to another part of the body?
- ▶ Is it located in an entire area of your body and difficult to pinpoint?

HOW MUCH pain you are having.

- ▶ You will be asked to rate your pain on a scale of 0-10, 0 being no pain and 10 being the worst pain you have ever had.



Will all my pain be gone?

Although we would like to take all your pain and discomfort away, that is not always possible. We will help you find different non-medicine ways to manage your pain and keep you as comfortable as possible.

WHAT ARE WAYS YOU MANAGE YOUR PAIN AT HOME?

WHAT THINGS HAVE BEEN EFFECTIVE TO TREAT YOUR PAIN IN THE PAST?

Setting goals for pain relief

You will set your goals in collaboration with your doctors and nurses.

Your goals will focus on ways to manage your pain with non-medicine means to keep you functional in your daily life.

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002-0763 03/05/20

