

Tracking Your Pain

Keep notes on your pain relief medicines and methods:

Medicine or Method Used	Date and Time	Did It Help? (Y or N)	Notes



~ A Health Care Organization Designed Not For Profit, But For People ~

Managing Your Pain





Pain Management During Your Hospital Stay

At Sharp, our goal is to keep you safe and comfortable. Some pain is to be expected during illness or after surgery. While you may not be pain-free at all times during your stay, our staff members will do everything they can to help safely manage your pain.

Here are some ways you can participate in your care:

1. When you feel pain, tell your nurse or doctor right away. We want you to be able to actively participate in your recovery.
2. Ask your doctor about risk factors you may have. Snoring, sleep apnea, smoking and use of certain medicines such as Valium and Benadryl can cause problems when taking pain medicine.
3. Be aware of any possible side effects; some can be serious. Pain medicines known as opioids can have the following side effects:
 - Nausea and vomiting
 - Itching
 - Dizziness and risk of falls
 - Severe constipation
 - Confusion
 - Difficulty staying awake
 - Breathing problems
4. Let your nurse or doctor know right away about any side effects you may be experiencing from opioids or any other medicines you are taking.
5. Work with your nurse and doctor on a pain management plan. It is likely your doctor will prescribe you a combination of pain medicines.

6. Be aware that opioids can be addictive and have other serious side effects. Because we need to balance pain control and side effects, you may receive medicines other than opioids to treat pain, and we may monitor your breathing.
7. Learn about other ways to control pain, including integrative healing methods available at the hospital.
8. Talk to your nurse and doctor about the medicines and methods that work for you.
9. Ask about any potential discomfort you may experience after you leave the hospital and how you will manage your pain. Set up a plan to smooth the transition from hospital to home.

Integrative Healing

We offer free integrative healing services by staff or trained volunteers during your hospital stay to help reduce the amount of pain medicine you may need and improve your comfort. If you would like any of these services, speak with your nurse.

MEDITATION — Be guided by a meditation recording or trained volunteer to reduce stress.

GUIDED IMAGERY — Listen to a recorded script to help you stay calm and heal.

HEALING TOUCH / REIKI — These gentle energy therapies place the practitioner’s hands on or just above your body to promote balance and relaxation, ease pain and reduce side effects from medication.

AROMATHERAPY — Plant oil scents provide relaxation and healing, and ease symptoms like nausea.






COMFORT HAND MASSAGE — Hand massage stimulates nerves, increases blood flow and relieves muscular stress.

HEALING MUSIC AND ART — Music and art can aid in recovery by releasing emotional and physical stress.

COLD AND HEAT THERAPY — Cold reduces pain by decreasing swelling and numbing nerve endings. Heat increases circulation to painful areas.

Pain Rating Scale

You may be asked to rate your pain. Please use the scale below to represent your current pain level.

0	No pain	
2	Notice pain; does not interfere with activities	
4	Distracts me; can do usual activities	
6	Hard to ignore; avoid usual activities	
8	Awful; hard to do anything	
10	As bad as it could be; nothing else matters	