



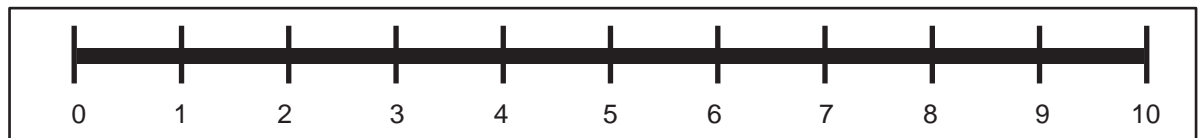
# For your information

## Pain Control

Christiana Care considers the treatment of pain an important part of your care. Pain is your body's way of responding to injury or illness. There are two types of pain:

- **Acute pain** follows an injury to the body and usually goes away when the injury heals.
- **Chronic pain** lasts for six months or longer and can get in the way of normal activity.

Your care provider will ask you to use a number scale to rate your level of pain:



No pain

Moderate pain

Worst pain possible

Or, you may choose the face below that best describes your pain:

Wong-Baker FACES Pain Rating Scale

<b>0</b>	<b>1-2</b>	<b>3-4</b>	<b>5-6</b>	<b>7-8</b>	<b>9-10</b>
<b>NO HURT</b>	<b>HURTS LITTLE BIT</b>	<b>HURTS LITTLE MORE</b>	<b>HURTS EVEN MORE</b>	<b>HURTS WHOLE LOT</b>	<b>HURTS WORST</b>

From Wong, D.L., Hockenberry-Eaton, M., Wilson, D., Winkelstein, M.L., Ahmann, E., DiVito-Thomas, P.A.: Whaley and Wong's Nursing Care of infants and Children, ed. 6, St Louis, 1999, p. 2040. Copyrighted by Mosby, inc. Reprinted by permission.

**It is important to tell your care provider when you are having pain. By knowing how your pain feels to you, we can better manage your pain.**

(over)

Some treatments that may be used to control your pain include:

- Medications
- Patient controlled analgesia (PCA)
- Epidural analgesia
- Relaxation techniques
- Changing your position
- Heat or cold therapy
- Physical therapy
- Referral to pain center

You and your care provider will work together to find what pain control treatments are best for you. The goal is to control your pain, keeping you as comfortable as possible.