

## Patient's Right to Pain Control

1. I have the right to have my reports of pain accepted and acted on by health care professionals.
2. I have the right to have my pain controlled, no matter what its cause or how severe it may be.
3. I have the right to be treated with respect at all times. When I need medication for pain, I will not be treated like a drug abuser.

### PAIN TIP

Unrelieved pain produces stress and affects our lives physically and mentally. It can cause anxiety, sleeplessness, delay healing and hinder the immune system to fight infections.



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## Important Phone Numbers

**Doctor**  
Name

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Phone #

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**Nurse**  
Name

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Phone #

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**Pharmacy**  
Phone #

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## Names of Pain Medicine And Instructions

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# PAIN

## *The Fifth Vital Sign*

*Important Information  
For Patients and Families  
About Pain Management*

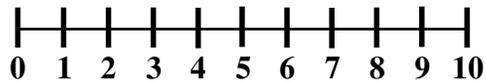


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# Pain Management

Every person has the right to adequate pain control. If you are having problems with pain, talk to your physician or nurse. As your health care provider, we are committed to preventing and relieving pain. Reporting pain accurately is a key factor in developing your pain management plan.

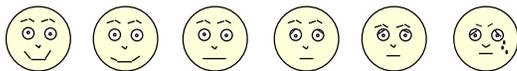
## Pain Rating Scales



No Pain

Moderate Pain

Worst Possible Pain



Pain is very individual and sometimes difficult to describe. You will be asked to:

1. Rate your pain on a scale from 0-10. \*Zero means no pain and 10 means severe pain (or the worst pain you can imagine). By rating your pain, you and your nurse will be able to determine your acceptable level of pain and work together to reach that goal.

2. Describe your pain. Is it sharp, dull, throbbing, stabbing, burning, continuous or intermittent? This will help to determine what kinds of pain you are experiencing and how to treat it.

3. Pinpoint the location of your pain. Can you point to the area? Is it in more than one spot or does it radiate to other areas?

4. Share what you have found that lessens the pain or makes the pain worse. For example, does the pain decrease or worsen if you stand or sit/lie down, walk, rest, apply heat or cold?

These are all important factors to tell your nurse or doctor to help them treat your pain effectively.

## Common Misconceptions And Myths About Pain Control

**“Good patients avoid talking about pain.”**

It is important to report your pain to your doctor or nurse. Reporting your pain will only help in finding the reason for your pain and correcting it.

**“Pain medicine can not really control pain.”**

There are many different kinds of medications and non-medication therapies that can be used to relieve pain and discomfort.

**“People get addicted to pain medicine easily.”**

Taking medicines for pain relief is not an addiction, no matter how long the person takes the medicine or at what dose. Studies have shown that when using medicines for pain relief, the chance of addiction is rare.

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