

Patients take medication in different ways, for example: liquids, patches, suppositories, pills and injections. It is important to take your medications as prescribed by your doctor. Please discuss with your doctor any and all medications you are taking, including herbal or homeopathic substances. This is essential to establish the best pain-management plan for you.

Q. What if my pain medicine is not working?

A. Tell your healthcare provider. You may need a different dose or medication.

Q. Will my pain medicine constipate me?

A. Constipation is a common side effect of pain medicine. You can still take your medicine for pain. Check with your doctor or nurse about using a laxative or stool softener to prevent this. Increasing your intake of liquids, fruits, and vegetables may help reduce this.

Q. Should I only take pain medicine when I have bad pain?

A. Pain is easier to control when it is mild. This may mean taking your pain medicine on a regular or scheduled basis. You should take your pain medicine when you start to notice pain. Waiting too long can make it much harder to control your pain.

As other questions arise, please do not hesitate to ask your healthcare provider

Helpful Hints. . .

Your pain medicine will work best if you are relaxed and have a comfortable environment. Ways to achieve this include:

- Comfortable positioning
- Dim Lights
- Deep Breathing
- Soft Music
- Heat or Ice

Ask your nurse about which of these might be best for you.

Pain Management at Home

Be sure to take your medication as prescribed by your doctor. If your pain medicine is not working, be sure to call your doctor.

Anna Jaques Hospital is committed to making your experience a good one. Write down any questions you have and talk to your doctor or nurse about them. This way, you and your doctor will be able to plan the most effective pain relief for you!



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HOSPITAL

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Pain Management Patient Rights & Responsibilities



ANNA JAQUES
HOSPITAL

Healthcare providers of Anna Jaques Hospital will:

- Inform patients at the time of their initial assessment that relief of pain is an important part of their care and respond quickly to reports of pain.
- Utilize a standardized tool to screen all patients for the presence of pain.
- Ask patients initially and as part of regular assessment about the presence, quality, and intensity of pain. Use the patient's self-report as the primary indicator of pain.
- Mutually develop realistic goals with the patient and other healthcare providers to develop a plan for pain management. Implement a plan to achieve established goals.
- Review and modify the plan of care for patients based on their pain management individualized and changing needs.

As a patient at Anna Jaques Hospital you can expect:

- Information about pain and pain relief measures
- A concerned staff committed to pain prevention and management
- Health professionals who respond quickly to reports of pain
- Your reports of pain will be believed
- State-of-the-art pain management
- Dedicated pain-relief specialists

All patients have a right to pain relief

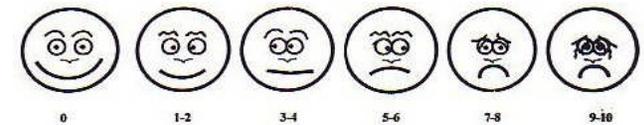
As a patient at this hospital, we expect that you will:

- Ask your doctor or nurse what to expect regarding pain and pain management
- Discuss pain-relief options with our doctors and nurses
- Work with your doctor and nurse to develop a pain-management plan
- Ask for pain relief when pain first begins
- Help your doctor and nurse assess your pain
- Tell your doctor or nurse if your pain is not relieved
- Tell your doctor or nurse about any worries you have about taking pain medications

Measuring Your Pain

You will frequently be asked to rate your pain. This tells the doctor and nurse whether the pain medicine is working or if it needs to be adjusted or changed. For example, if "0" means you are having no pain and "10" is the worst possible pain, how would you rate your pain?

Tell us about your pain



0	2	4	6	8	10
No Pain	Annoying Sore Dull Ache	Troublesome Throbbing Pounding	Miserable Stabbing	Intense Sharp Cutting	Unbearable Crushing Agonizing

Medications Can Help Control Pain

Mild Pain is often treated with non-prescription pain relievers, such as aspirin, acetaminophen, or ibuprofen. (These also can cause side effects – use only as directed. Never give aspirin to children under 21 unless directed by a healthcare provider.)

Moderate Pain may require a mild opioid (a drug that relieves pain and causes sleepiness). Other types of medicines may also be used.

Severe Pain is usually treated by strong opioids, such as morphine or methadone