

Your Rights Related to Pain

- You have the right to expect:
- Information about what is causing your pain and what can be done to treat it.
 - Your complaint of pain will be believed.
 - Quick and effective pain management.
 - To keep the same doctor for pain management, if possible.

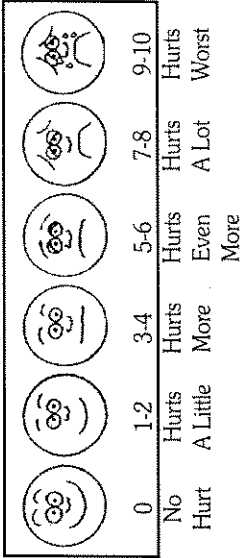
Your Responsibilities Related to Pain Management

- You are responsible to:
- Ask the doctor, nurse, or other health care provider what to expect regarding pain and about pain management.
 - Discuss pain relief choices with the doctor, nurse, or other health care provider.
 - Work with the doctor, nurse, or other care provider to develop a pain management plan.
 - Ask for pain relief when pain first begins.
 - Help the doctor, nurse, or other care provider "measure" your pain.
 - Tell the doctor, nurse, or other care provider about any worries you have about your pain medication.

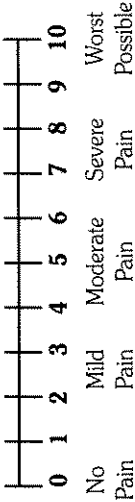


Measuring Pain

Help the doctor, nurse or other care provider "measure" your pain, by using one of the two scales below:



Or

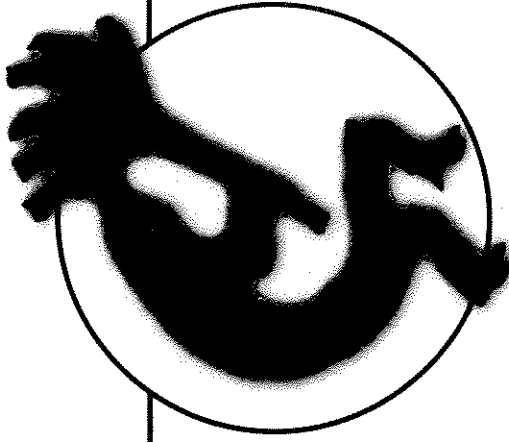


Suggestions/Comments/Concerns

Please let us know if you have suggestions about how we can improve our services. If you have a concern about how you have been treated, please contact the PIMC Patient Advocate at 602-263-1200 ext. 1590.

Pain Management

Phoenix Indian Medical Center



All patients have a right to pain relief.

What is Pain?

Pain is an uncomfortable feeling that tells you something may be wrong in your body. Sometimes pain is just a nuisance, like a mild headache. At other times, pain can be more serious. For example, after an operation, if your pain doesn't go away even after you take pain medicine, your body may be telling you that something is wrong.

Your health care providers (doctors, nurses, and others) will ask you about your pain. They want to know if you have pain because they want you to be comfortable. They also ask about your pain because they want to know if something is wrong. Be sure to tell your health care providers if you have pain!



Benefits of Pain Control

After Surgery...

Treatment of pain can help you in the following ways:

- You should feel more comfortable, which will help your body heal.
- You can get well faster. If you feel less pain, you can start walking, do your breathing exercises, and get your strength back more quickly. You may even leave the hospital sooner.
- You may have fewer complications after surgery. People whose pain is well-controlled seem to do better after surgery. For example, they don't have as many problems with pneumonia and blood clots.

Other types of pain

(such as during labor and delivery, during certain medical procedures, and as a result of a chronic medical condition)...

Treatment of pain can help you in the following ways:

- You should feel more comfortable, which will leave you with more energy.
- You will be more able to participate actively in your care.
- You should sleep better.
- Your appetite should be better.

Talk With Your Provider

Some people hesitate to tell their provider(s) about the pain they have. What are some of the reasons people might not tell their provider(s) about pain? Some people are afraid they might become addicted to the pain medicine. The truth is, addiction almost never happens as a result of taking medicines for pain. Sometimes people don't understand that having less pain can actually help them get better faster! Other people don't want to 'bother' the nurse or doctor, and others may not want to appear 'weak'.

Tips.....

- Take action as soon as the pain starts. A key step in good pain control is to prevent the pain from starting, or treating the pain as soon as it does start (before it gets bad).
- Talk with your doctors and nurses about any concerns you might have about pain medicine.
- Tell your doctors and nurses about any allergies to medicines that you may have.
- Ask about side effects that may occur.
- Talk with the doctors and nurses about any other medications you take for other health problems. They need to know because mixing some medicines with pain medicines can cause problems.
- Before you go home, be sure to find out what to do if the pain returns or gets worse.

