

# The Nature of Chronic Pain

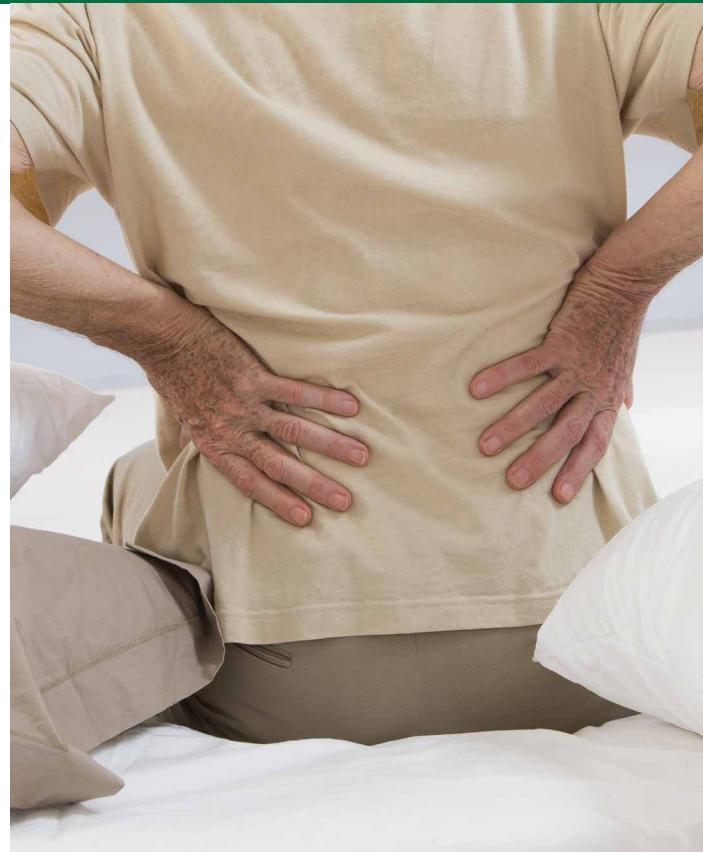
Pain serves an important purpose by alerting you to injuries. Chronic or persistent pain, however, is often more complex. Although people often think of pain as a purely physical sensation, pain has physical, psychological and emotional factors. Persistent or chronic pain can sap your energy, disrupt sleep, interfere with activities and can cause feelings such as anger, hopelessness, sadness and anxiety. Unrelieved pain may erode health and overall well-being.

You need to tell your doctor and or nurses whether the level of pain is acceptable to you. Even if pain cannot be eliminated, it can be managed.

No one should be expected to live with unacceptable pain. Remember pain is personal. What works for one person may not work for someone else. Finding the tools that work best for you can take time, your care team will work with you to find solutions that work for your pain management.

FAST FACT

**Nearly two-thirds of people with chronic pain report problems sleeping, which often makes the pain worse; resulting in a frustrating cycle of pain and sleeplessness**



## OUR MISSION:

Park Place Seniors Living strives to provide enriched life experiences to seniors through innovation and creativity.

## OUR VISION:

At Park Place Seniors Living we are known for our unwavering commitment to enriching the lives of those we serve by providing a voice and a choice with dignity, respect and empathy.

# Managing Persistent or Chronic Pain



# Tips for Coping with Chronic Pain

Consider the following steps that can be helpful in changing habits and improving your sleep:

## STAY ACTIVE

Pain or the fear of pain can lead people to stop doing the things they enjoy. It is important not to let pain take over your life. Know your limits. Continue to be active in a way that acknowledges your physical limitations.

## KNOW YOUR LIMITS

Work with the Care Team to make a plan about how to manage your pain and do not push yourself to do more than you can handle. not to let pain take over your life. Know your limits. Continue to be active in a way that acknowledges your physical limitations.

FAST FACT

Managing your chronic pain relies on a partnership with you and your care team working together to identify the causes and finding ways to relieve the pain.

# Tips for Coping with Chronic Pain

## ASK FOR HELP WHEN YOU NEED IT

Distract yourself. When pain flares, find ways to distract your mind from it. Watch a movie, read a book, engage in something you enjoy. Pleasant experiences can help you cope with pain. Do not lose hope.



# Tips for Coping with Chronic Pain

## COMMUNICATE WITH YOUR NURSES

Let your Nurses know when you have pain. If medications are part of your treatment plan, your nurses will use them as prescribed by your doctor. Sometimes combining low doses of more than one medication will be more helpful than a higher dose of one medication. All medications have side effects. It is important to discuss any concerns you have with your nurses or your doctor.



Reviewed by a group of Park Place Family Representatives