

# Identifying Pain

There are many different causes and kinds of pain. Pain can be caused by injury, illness, disease or surgery. Treating pain is the responsibility of your doctor, nurses and other caregivers. You can help them by asking questions and finding out more about how to relieve your pain.

## QUESTIONS TO ASK YOUR CARE TEAM

- 1 What pain medicine is being given to me?
- 2 How often should I take the medicine?
- 3 Can I take the pain medicine with food?
- 4 Can I take the pain medicine with my other medicines?
- 5 What are the side effects of the pain medicine?
- 6 What should I do if the medicine makes me sick to my stomach?
- 7 What can I do if the pain medicine is not working?
- 8 What else can I do to help treat my pain?



### OUR MISSION:

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

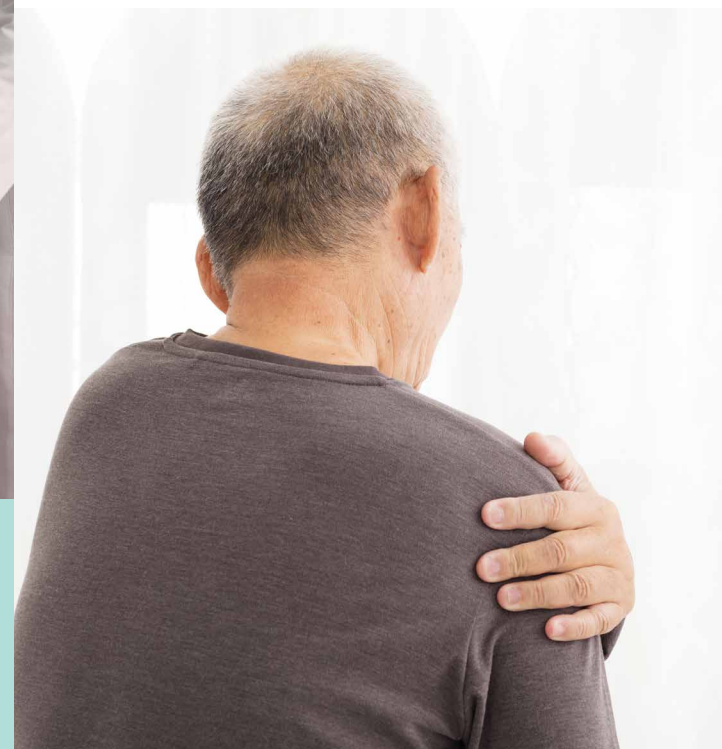
### OUR VISION:

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.

Park Place Seniors Living | 1656 West 75 Ave, Vancouver  
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# What You Should Know About Pain Management



## Talking About Pain

### IT IS IMPORTANT FOR YOUR DOCTOR AND NURSES TO ASK ABOUT YOUR PAIN:

This is because pain changes over time or your pain medicine may not be working. Your doctor and nurses should ask about your pain regularly.

### WHAT YOU NEED TO TELL YOUR DOCTOR AND NURSES ABOUT YOUR PAIN:

First, tell them that you have pain, even if they do not ask. Your doctor or nurses may ask you to describe how bad your pain is on a scale of 0 (zero) to 10 with 10 being the worst pain. They may use other pain scales that use words, faces or pictures. Tell them where and when it hurts. Tell them if you cannot sleep or do things like dressing or walking because of pain. The more they know about your pain the better they can treat it.

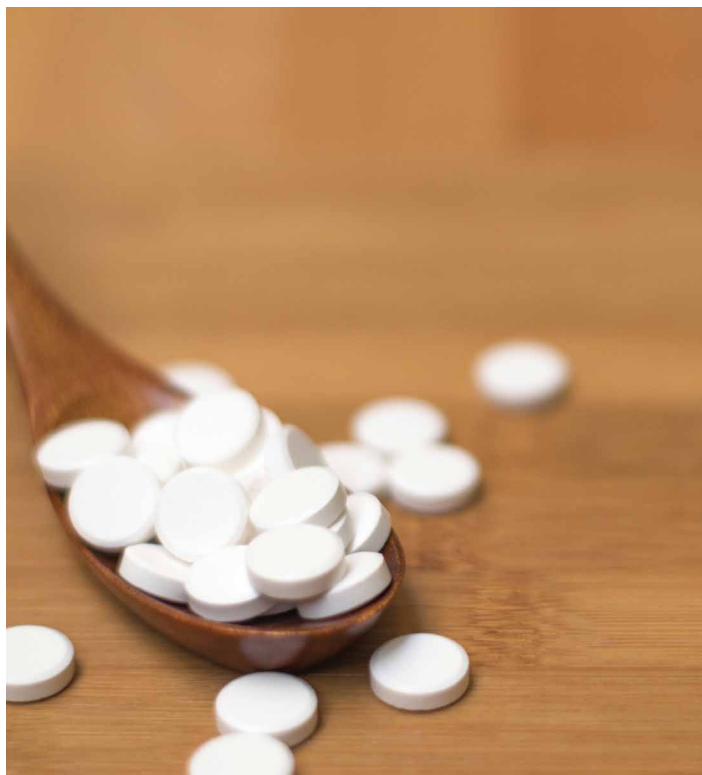
Pain is one of the most common health problems experienced by older adults. In order to treat your pain a variety of health care professionals may be involved in your care management.

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## Managing Your Pain

### WHAT CAN BE DONE TO TREAT PAIN?

There are many ways to manage your pain. There are medicines that can be used to relieve pain. There are also other ways to treat pain without taking medicine. Your doctor and nurses will work with you to find out what works best for you.



## Medicines to Treat Pain

### WHAT ARE SOME OF THE MEDICINES USED TO TREAT PAIN?

Some pain medicines are acetaminophen, aspirin, ibuprofen, naproxen and opioids. Opioids include morphine, oxycodone and hydromorphone. Many of these medicines come in pills, liquids, suppositories and skin patches. Some pain may be treated with medicines that are not usually thought of as pain relievers. For example, antidepressants.

### WHAT ARE THE SIDE EFFECTS OF PAIN MEDICINES?

It depends on the medicine. Side effects can include constipation, nausea, vomiting, itching and sleepiness.

*Reviewed by a group of Park Place  
Family Representative*