

SUMMARY	DECISION SUPPORT	PATIENT EDUCATION/SELF MANAGEMENT
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PAIN: WHAT YOU SHOULD KNOW



WHAT IS PAIN?

Pain is a signal in your nervous system that something may be wrong.

ACUTE PAIN	CHRONIC PAIN
<ul style="list-style-type: none"> • Usually has a clear cause. • Begins suddenly. • Doesn't last a long time and does get better. • Examples: touching a hot surface, stubbing your toe or breaking a bone. <div style="text-align: center;"> <p><small>© Can Stock Photo</small></p> </div>	<ul style="list-style-type: none"> • Usually lasts 3 months or more. • Can come and go many times or remain the same. • Can disturb sleep patterns, lower appetite, and cause anger or depression. • May not have a clear cause. • Examples: arthritis, back injuries, and nerve damage caused by diabetes.

WHAT CAN MAKE YOUR PAIN WORSE?	WHAT CAN HELP YOU FEEL LESS PAIN?
<ul style="list-style-type: none"> • Not sleeping well • Nausea • Depression • Any other discomfort • The memory of past pain and the expectation that the pain will recur • Anger • Sadness • Fear • Being worried 	<ul style="list-style-type: none"> • Getting enough sleep/rest • Getting treatment for depression if it exists • Keeping your mind on something else • Lowering your stress • Training your mind to focus away from the pain • Light exercise • Try to do things you enjoy • Make healthy food choices • Limit caffeine and alcohol

HOW IS CHRONIC PAIN EVALUATED?

Your Health Care Team will do the following:

1. Ask about the history of the pain and details such as:
 - What does the pain feel like? (aching, burning, dull, sharp)
 - Where is the pain, how bad it is, what makes it better, what makes it worse?
2. Ask about mental health concerns, such as:
 - Are you feeling worried or hopeless?
 - Are you having sleep problems?
3. Ask you to describe your pain using a scale, such as 0 (no pain) to 10 (worst pain).

No pain 0 1 2 3 4 5 6 7 8 9 10 Worst Pain
4. Ask about your use of drugs and alcohol.
5. The medical provider will examine you and sometimes do tests to try to find the cause of the pain.
 - Unfortunately with Chronic Pain there is often no specific cause (diagnosis) that can be found.

WHAT YOU CAN DO TO HELP YOURSELF:

Prepare for each visit by keeping track of how your stress level, sleep, mood, exercise and other things are affecting your pain level. This can assist your Health Care Team to: help you find out what makes your pain better or worse; and help you find ways to cope better with your pain.

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CHRONIC PAIN: PREPARING FOR YOUR HEALTH CARE VISIT PART I

Many things can affect your pain.
These can include:

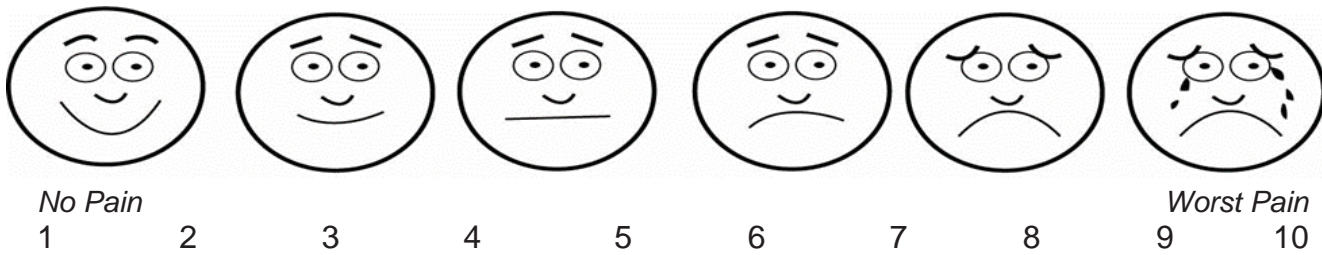
- Stress
- Feeling alone
- Poor Sleep
- Sadness
- Depression
- Fear
- Anger
- Being worried/anxious

When you visit with your Health Care Team, be ready to talk about:

1. What do you think is wrong?
2. Any new symptoms or improvements since your last visit?
3. How is the pain affecting your daily life?
4. Any other questions?

Before your visit, look at each section below and circle the number that most closely matches how you have felt in that area over the last 2-3 weeks.

Pain Level



Stress



Sleep



SUMMARY

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CHRONIC PAIN: PREPARING FOR YOUR HEALTH CARE VISIT PART 2

Look at each section below and circle the number that most closely matches how you have felt in that area over the last 2-3 weeks.

Fear of Pain



No Fear

Very Afraid

1 2 3 4 5 6 7 8 9 10

Hunger



Eating Normal Meals

Not Hungry

1 2 3 4 5 6 7 8 9 10

Mood



Happy & Calm

Sad, Depressed, or Anxious

1 2 3 4 5 6 7 8 9 10

Activity



Normal Activity

No Activity

1 2 3 4 5 6 7 8 9 10

Using Medications as Prescribed



Always Take As Directed

Do Not Take As Directed

1 2 3 4 5 6 7 8 9 10