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For more information on managing pain, consider attending a pain class at Mercy Medical Center.

**To register for a class, call:  
541.677.4546**

## ***Living Better Managing Your Pain***



## Your Pain

*Here are some steps to help you work through the pain you may be experiencing.*

It's important to remember that hospital stays can be stressful, and this can lead to patients experiencing greater levels of pain.

We'd like to assure you that our staff will work with you to achieve a tolerable level of pain as you recover. Remember that at this stage of your recovery it may be unrealistic to experience no pain.

In our facility we use a 0-10 pain scale. It's important for you to inform the nursing staff about what a tolerable level of pain is for you.

We've developed a variety of pain treatment options in addition to medications. Please ask the nursing staff about these options.

The white board in your room can be used as a communication tool to keep you informed about your care.

## Types of Pain

### **Acute Pain**

This is a sudden pain resulting from illness, injury, or surgery that is resolved within a certain amount of time.

### **Chronic Pain**

This is a persistent pain that can last for weeks, months or even longer. Chronic pain is actually considered a health condition.

Fortunately, many different treatment options are available to help manage both acute and chronic pain.

Your outlook and your lifestyle play a key role. If you approach a painful condition with positive thinking and a willingness to change, you are likely to be successful in coping with your pain.

Pain can bring about physical symptoms like nausea, dizziness, weakness and drowsiness. It can also cause emotional effects like anger, depression, mood swings and irritability. Pain can impact your lifestyle, relationships, job and independence.

*The following treatment options will contribute to your healing process:*

***Movement***– Start slowly with light exercise, and build up gradually

***Relaxation Techniques***– Learn how to reduce stress through deep breathing and meditation

***Connect with Others***– Counseling for emotional support can help you cope with the stresses of life, as these contribute to your pain

***Sleep***– It is recommended that adults get 7-9 hours of sleep per night

***Diet***– Make healthy food and beverage choices

***Ask Questions***– Your healthcare professionals can assist you with other treatment options