

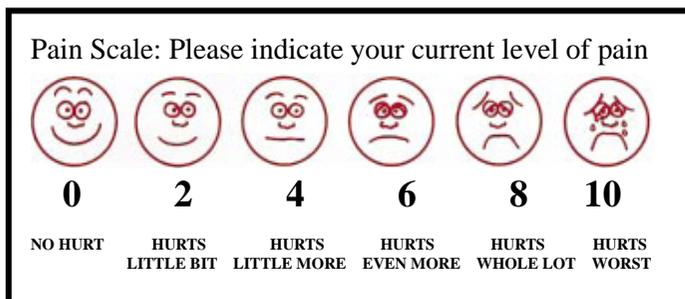
## A. Introduction

When a person is in pain continuously and the pain has not been properly handled, it will affect the health of his/her body and mind. So when you are in pain, you have to tell our medical staff as soon as possible. Our medical staff will help deal with your pain to improve your quality of life.

## B. How to clearly express your pain

In order to get help, please clearly describe your pain in the following five steps:

1. Where is the pain?
2. How does the pain feel like (tingling, throbbing ....)?
3. How painful do you feel? (Please indicate the level in a scale of 0 to 10 as shown below)



4. How long has the pain lasted each time? (a few minutes / seconds).
5. Non-verbal expression: When the patient (for example, an infant of less than 3 years old) can not express himself/herself, please observe and tell our health care team about the following situations, such as the facial expression of pain, shortness of breath (dyspnea), moaning or continuous crying (you can not appease him/her), limb rigidity, teeth clenching, etc.

## C. Relief of pain

1. Analgesics: Administrations of painkillers can be oral, skin patches, subcutaneous injection, intravenous injection, self-controlled analgesia, spinal or epidural analgesia. Your doctor will choose appropriate painkillers according to your symptoms.
2. Cold or hot compress: Cold or hot compress can properly ease the pain, but you need to follow the instructions of our medical staff.
3. A comfortable lying position: Appropriate supine posture and supports can reduce the pressure on your body, promote relaxation, and reduce pain.

4. Distraction: Deep breathing, relaxing meditation, listening to music, watching television, reading books and newspapers, and massage can also reduce pain. Play is a good way to distract children from feeling of pain.
5. Electrotherapy (transcutaneous electrical nerve stimulation): Electrical stimulation can reduce perception of pain and thus achieve analgesic effect (It should be administrated by rehabilitation personnel).
6. Light therapy: Radiation on the affected area by far infrared, infrared, or laser can relieve pain, improve blood circulation (swelling, inflammation), reduce nerve palsy, and promote wound recovery.
7. Others: Aromatherapy, music therapy and other natural therapies can be administrated under the guidance of a professional.

## D. Notes

1. Please do not buy pain killers without prescription.
2. Please do not hide your pain from medical staff for fear that the use of painkillers may affect your recovery time of wound healing, or it may cause drug addiction.

3. Physicians will administrate pain killers according to your conditions. Please follow his/her instructions. Do not discontinue medication or adjust the dosage and timing on your own.

4. Please inform our medical staff of the following conditions:

- You are pregnant or planning to get pregnant, nursing a baby, or suffering from troubles in heart, liver, and kidney.
- You are taking other pain medication or using pain patches with Any other chronic or cancer.
- The use of painkillers causes dizziness, headache, flushing, nausea, stomach discomfort, peripheral edema, palpitation, dyspnea, dysphagia, chest pain, allergies, fainting, or other uncomfortable symptoms.

time, and indicate in the above.

4.If you can not avoid the parts of body hair, cut (not By scraping or shaving).

5.Avoid hot bubble bath or direct contact with heat source (such as: heat Water bags, electric blanket).

5 changer once every three days (according to physician instructions), each For paste different parts.

6.If sudden onset of pain, Do not increase self-affixed

7.The piece should follow physician instructions. have the following situations, please inform the medical staff:Nausea, vomiting, dizziness, fatigue, weakness, respiratory.

8.Absorption difficulties, or a slight rash itch ..

Discharge precautions:

\* Be sure to fill patch therapy medication record form (paste and tear off the date, time, amount and signature).

\* return visit, please be sure to patch and patch therapy medication record sheet used Jiaohui pharmacy.

#### F.Pain patch Cautions

1 In accordance with physician instructions attached to the flat areas, such as: chest, Back, upper arm (do not need the pain where to paste there).

2.Please avoid wounds and radiation treatment site.

3.The use of parts should be clean and dry and then paste to the paper, glue Impose a fixed date,

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# Pain Management

【英文版】



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