

# Pain Management



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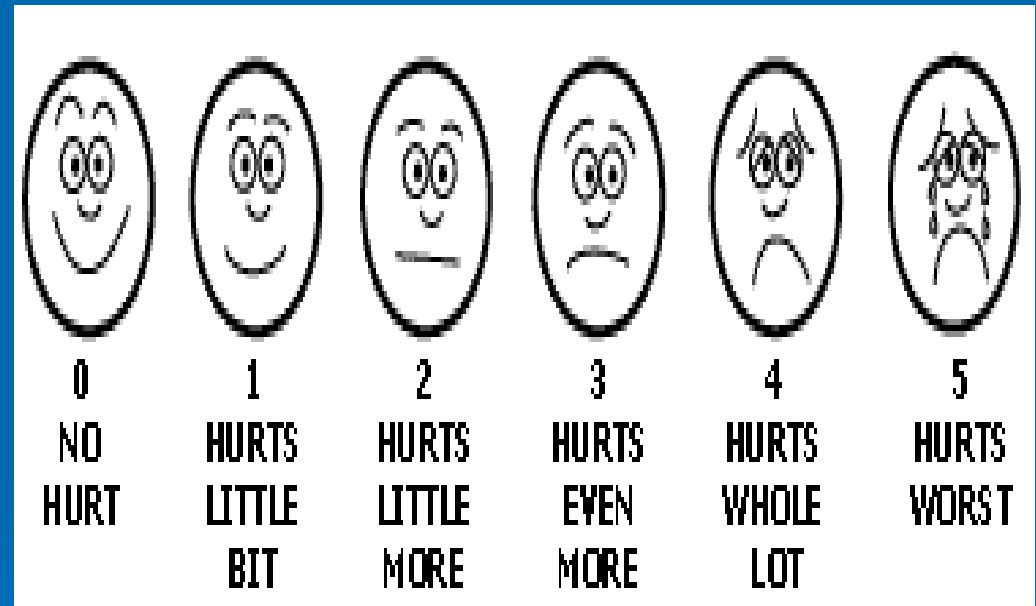
- Pain is best defined as an uncomfortable or unpleasant feeling that tells you something may be wrong in your body. It's one way your body sends a warning to your brain. The spinal cord and nerves serve as passageways through which pain messages travel to and from your brain and the other parts of your body.
- **acute pain**
- Pain that occurs immediately after illness or injury and resolves after healing.
- **chronic pain**
- Pain that persists beyond the time of normal healing and can last from a few months to many years. Can result from disease, such as arthritis, or from an injury or surgery. Also can occur without a known injury or disease.

# Pain measurements

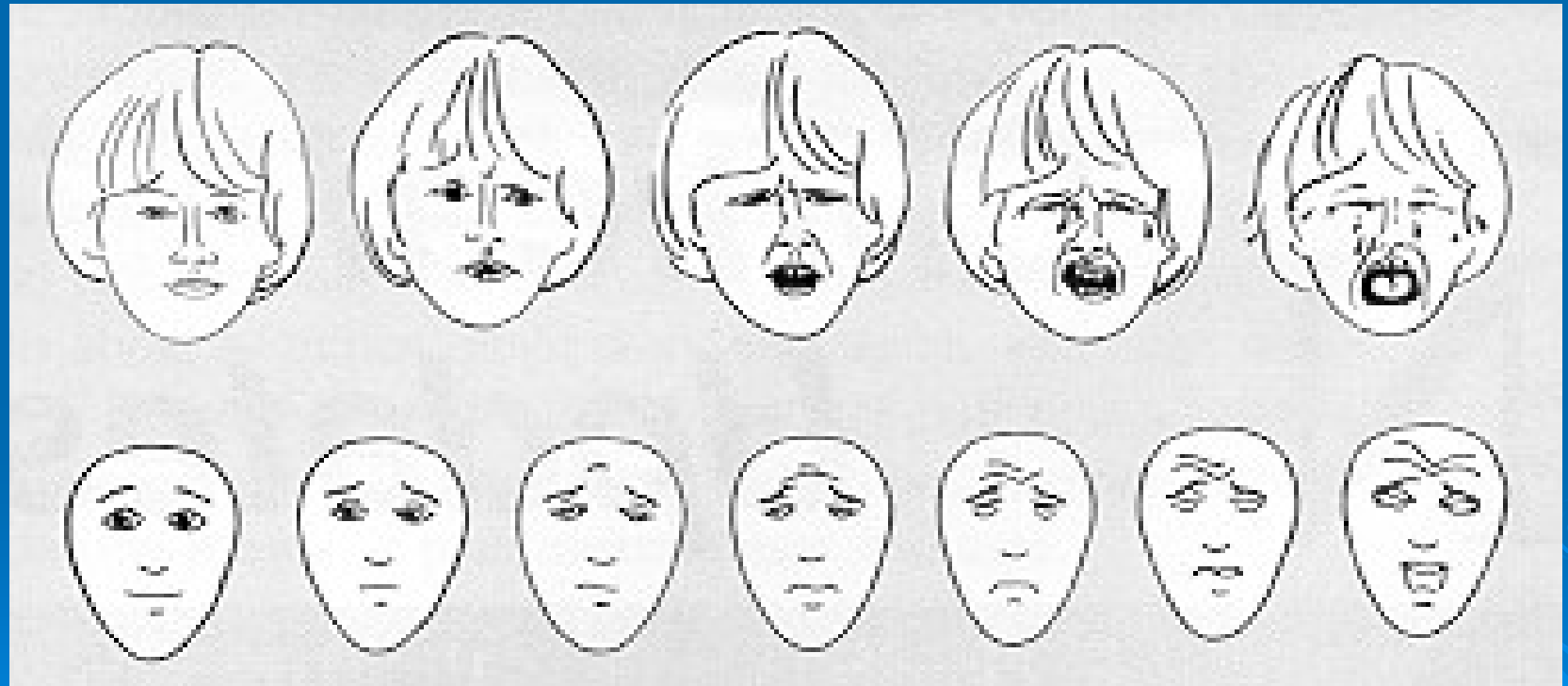
- **Visual.** Visual scales have pictures of human anatomy to help patients explain where your pain is located. A popular visual scale — the Wong-Baker Faces Pain Rating Scale — features facial expressions to help patients show the doctor how the pain makes his/her feel. This scale is particularly useful for children, who sometimes don't have the vocabulary to explain how they feel.
- **Verbal.** Verbal scales contain commonly used words such as "low," "mild" or "excruciating" to help patients describe the intensity or severity of his/her discomfort. Verbal scales are useful because the terminology is relative, and you must focus on the most characteristic quality of your pain.
- **Numerical.** Numerical scales help patients to quantify his/her pain using numbers, sometimes in combination with words.

# The Wong-Baker Faces Pain Rating Scale

- **Face 0** is very happy because he or she doesn't hurt at all.
- **Face 1** hurts just a little bit.
- **Face 2** hurts a little more.
- **Face 3** hurts even more.
- **Face 4** hurts a whole lot.
- **Face 5** hurts as much as you can imagine, although you don't have to be crying to feel this bad.

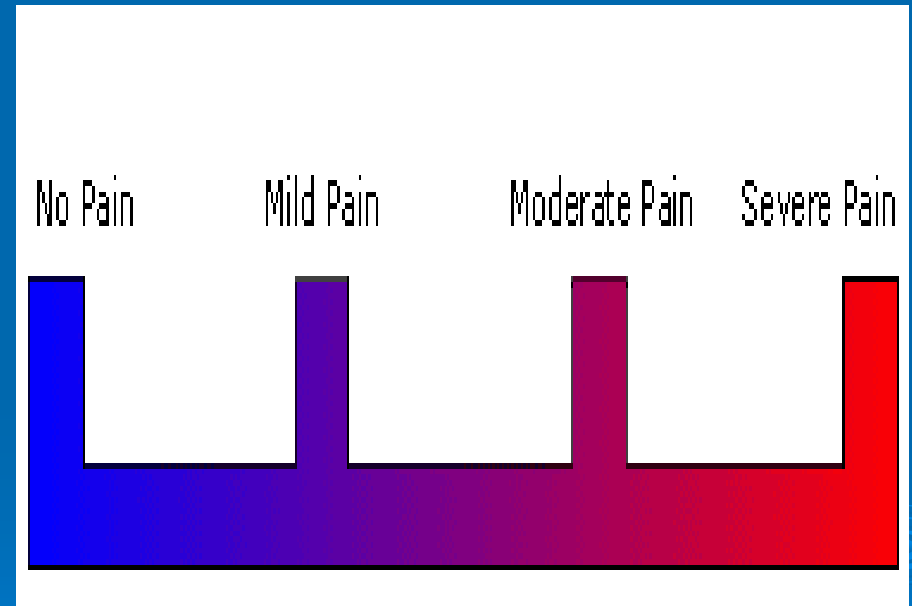


# Faces scale from Kuttner and LePage (1989)



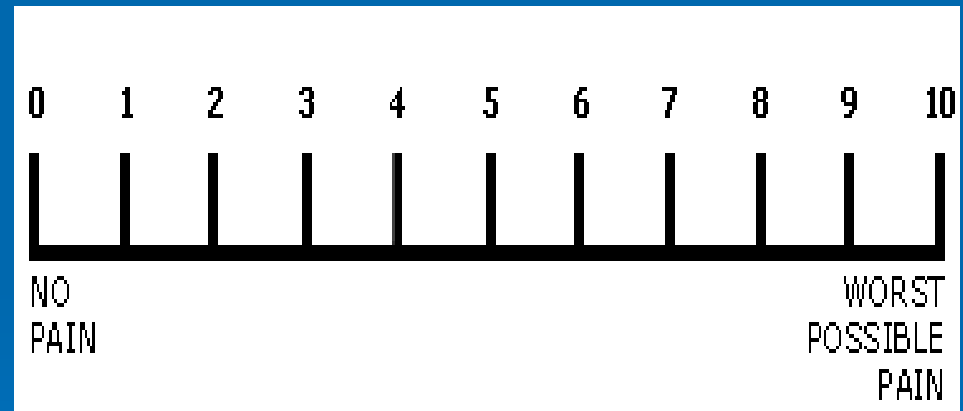
# A Verbal Pain Scale

With a verbal scale, you can describe the degree of patients discomfort by choosing one of the vertical lines that most corresponds to the intensity of pain you are feeling. This is a good way to explain early postoperative pain, which is expected to diminish over time. You can use this scale to determine if patient recovery is progressing in a positive direction.



# A Numerical Pain Scale

- A numerical pain scale allows you to describe the intensity of patients discomfort in numbers ranging from 0 to 10 (or greater, depending on the scale). Rating the intensity of sensation is one way of helping determine treatment.



# McGill Pain Questionnaire

## McGill Pain Questionnaire

PATIENT'S NAME _____		DATE _____	TIME _____	AM/PM _____	
PRI: S (HO) (H-15) (6) (7-20) (1-20)	A	E	M	PKT)	PPI
1 FLICKERING _____ QUIVERING _____ PULSING _____ THROBBING _____ BEATING _____ POUNDING _____	11 TIRING _____ EXHAUSTING _____	BRIEF _____ MOMENTARY _____ TRANSIENT _____	RHYTHMIC _____ PERIODIC _____ INTERMITTENT _____	CONTINUOUS _____ STEADY _____ CONSTANT _____	
2 JUMPING _____ FLASHING _____ SHOOTING _____	12 SICKENING _____ SUFFOCATING _____				
3 PRICKING _____ BORING _____ DRILLING _____ STABBING _____ LANCINATING _____	13 FEARFUL _____ FRIGHTFUL _____ TERRIFYING _____				
4 SHARP _____ CUTTING _____ LACERATING _____	14 PUNISHING _____ GRUELLING _____ CRUEL _____ VICIOUS _____ KILLING _____	<p>E = EXTERNAL I = INTERNAL</p>			
5 PINCHING _____ PRESSING _____ GNAWING _____ CRAMPING _____ CRUSHING _____	15 WRETCHED _____ BLINDING _____				
6 TUGGING _____ PULLING _____ WRENCHING _____	16 ANNOYING _____ TROUBLESOME _____ MISERABLE _____ INTENSE _____ UNBEARABLE _____	<p>COMMENTS:</p>			
7 HOT _____ BURNING _____ SCALDING _____ SEARING _____	17 SPREADING _____ RADIATING _____ PENETRATING _____ PIERCING _____				
8 TINGLING _____ ITCHY _____ SMARTING _____ STINGING _____	18 TIGHT _____ NUMB _____ DRAWING _____ SQUEEZING _____ TEARING _____				
9 DULL _____ SORE _____ HURTING _____ ACHING _____ HEAVY _____	19 COOL _____ COLD _____ FREEZING _____				
10 TENDER _____ TAUT _____ RASPING _____ SPLITTING _____	20 NAGGING _____ NAUSEATING _____ AGONIZING _____ DREADFUL _____ TORTURING _____				
	PPI				
	0 NO PAIN _____				
	1 MILD _____				
	2 DISCOMFORTING _____				
	3 DISTRESSING _____				
	4 HORRIBLE _____				
	5 EXCRUCIATING _____				