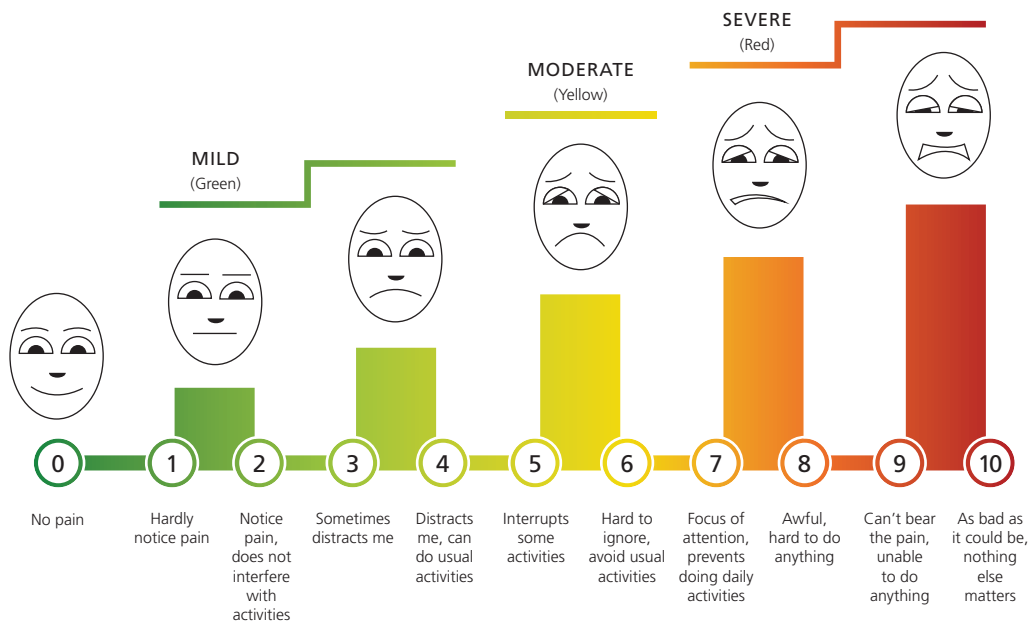


# How is Your Pain?

Everyone experiences pain differently. The scale below helps us to more effectively assess your pain. Please let us know how your pain rates and what rating is comfortable for you. This will help your healthcare team plan care that fits your needs.

Please ask for pain medication BEFORE it becomes intolerable, before a potentially uncomfortable procedure (such as a dressing change) or a therapy session. Be sure to let your caregivers know if your pain continues after treatment. If you need additional comfort items or have any further questions, please don't hesitate to ask.

## Defense and Veterans Pain Rating Scale



[arapmi.org/research.html](http://arapmi.org/research.html) (Accessed October 2012)

v.2.0

RUSH OAK PARK HOSPITAL

# Your Menu of Personal Comfort & Pain Control Options





## WELCOME TO Rush Oak Park Hospital

Your comfort and controlling your pain are important to us. We hope this menu will help you and your healthcare team to better understand your pain and recovery goals. Please discuss your pain control goals and comfort options with your doctor and nurse. If you need additional items or have any questions, please ask. **Thank you for choosing us.**

# Menu

## PERSONAL COMFORT & PAIN CONTROL OPTIONS

COMFORT ITEMS	COMFORT ACTIONS	PERSONAL CARE
<ul style="list-style-type: none"> <li>▪ Extra pillow</li> <li>▪ Extra blanket</li> <li>▪ Heat pack</li> <li>▪ Ice pack</li> <li>▪ Humidity for your oxygen tube</li> <li>▪ Pajama bottoms</li> <li>▪ Extra gown</li> <li>▪ Socks</li> </ul>	<ul style="list-style-type: none"> <li>▪ Re-positioning</li> <li>▪ Walk in the hall</li> <li>▪ Gentle stretching or range of motion</li> </ul>	<ul style="list-style-type: none"> <li>▪ Toothbrush</li> <li>▪ Toothpaste</li> <li>▪ Mouth swab</li> <li>▪ Vaseline</li> <li>▪ Soap</li> <li>▪ Lotion</li> <li>▪ Deodorant</li> <li>▪ Comb</li> <li>▪ Shampoo</li> <li>▪ Wash basin</li> </ul>
RELAXATION OPTIONS	ACTIVITIES TO RELIEVE BOREDOM	LET YOUR CAREGIVER KNOW:
<ul style="list-style-type: none"> <li>▪ Relaxation channel – Soothing sounds of nature &amp; music with beautiful images.</li> <li>▪ Visit with a Chaplain.</li> <li>▪ Catch up on your favorite TV shows.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Use your personal laptop computer to surf the web or watch a movie. In room Wi-Fi is available free of charge.</li> <li>▪ Use your personal MP3 to listen to music.</li> <li>▪ Reading materials &amp; puzzles available upon request.</li> </ul>	<ul style="list-style-type: none"> <li>▪ What pain regimen works at home</li> <li>▪ If your medications are relieving your pain</li> </ul>
		TALK TO YOUR NURSE IF:
		<ul style="list-style-type: none"> <li>▪ You think your pain requires medication</li> <li>▪ You want to know when your next dose is due</li> </ul>