

Your Rights As A Patient

1. To receive information about pain and pain relief measures.
2. A staff committed to pain prevention and management.
3. Access to the best level of pain relief that may be safely provided.
4. Healthcare professionals who respond quickly to your reports of pain.
5. Your reports of pain will be believed.
6. State of the Art pain management modalities.
7. Access to dedicated pain specialist.

Please Use This Space To Record Any Questions Or Ideas That Will Help Us Help You.



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A Patient's Guide To Pain Management

Baylor Medical Center at Uptown believes that managing your pain is an important part of you care and we are committed to incorporating this belief into your plan-of-care.

We believe that good management of our pain will improve our surgical outcome, enhance your recovery in a positive way and promote a hospital experience that better meets your personal satisfaction.

Good pain management requires cooperation and communication between Physicians, Nurses and You: **The Patient.**

The information that follows will assist you in working with us to achieve the most effective pain treatment for your personal condition. Your safety as a patient is our first priority therefore, it is important to understand that the total absence of any post-operative discomfort is normally not a realistic goal.

Reducing your pain to a level that is acceptable to you while maintaining your safety is a more realistic goal that we will strive to achieve, with your help.

Here are some ways that you can help us.

- ❖ Discuss openly with your concerns about pain & your preferences for pain management.
- ❖ Share with us any Cultural or Religious beliefs you have so that we may include them into your plan of care.
- ❖ Tell us about any adverse side effects to pain medications that you have experienced in the past such as nausea, breathing difficulty, constipation or sleepiness.
- ❖ Tell us when you first begin to feel pain, this allows us to treat your pain before it becomes severe.
- ❖ Tell us if the treatments we are providing are working or if you think you are having side effects from the treatment that are undesirable to you.
- ❖ Let us know if we have a history of chronic pain that has been treated with long-term use of narcotics so that we can consider this when planning your pain management care.

Information we will need to provide pain care for you.

1. Location: Where is your pain?
2. Duration: When did your pain originate? Is the pain always there? (Continuous pain?) Does the pain come and go? (Breakthrough pain?)
3. How would you describe your pain?

Aching	Dull/Sharp	Unbearable
Stabbing	Tender/Sore	Throbbing
Burning	Shooting	Exhausting
Cramping	Nagging	Pressure
4. Aggravating or alleviating Factors: What activities make the pain worse? What things make the pain better?
5. How does your pain effect: your mood, sleep, appetite, activity, relationships or quality-of-life?
6. Are you having any other symptoms? Such as nausea, vomiting, changes in bladder or bowel habits, weakness.
7. What is the intensity of your pain? We will ask you to rate your pain on a scale of (0 – 10). If (0) is no pain and (10) is the worst pain imaginable, what is you pain level?

