

# Managing your Pain

Critical Care (Anaesthetics)

## Introduction

The Acute Pain Team have written this leaflet to give you some information about pain control whilst you are an inpatient.

Pain can be a very different experience for every person and the best way to treat it can be different as well.

What you experience might not be the same as your family and friends experience.

We will treat your pain by giving painkillers chosen to suit you.

## Good pain control is important

Pain is unpleasant. The Acute Pain Team want you to be as comfortable as possible.

Controlling your pain will help you recover quickly so that you can get home and back to your normal activities.

Any time when you have pain, particularly after an operation, the nurses will ask you regularly if you are comfortable.

It is really important to tell the nurses if you have any pain.

The nurses will ask you to give your pain a score from 0 to 3.

0 = no pain

1 = mild

2 = moderate

3 = the worst pain you could imagine.

After an operation, it is important that you are able to take deep breaths and to cough; this helps prevent you getting a chest infection.

You also need to start moving around to reduce the risk of a blood clot and you may need to work with the physiotherapists to help you move.

Good pain relief will help you to do all of this.

**Painkillers can be given in different ways**

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

**Tablets or liquids to swallow** - they take about 30 minutes to work. You need to be able to eat and drink before you can take them.

**Painkillers given through a drip** - these painkillers take about 10 minutes to work. They can be used if you are unable to eat or drink.

**Injections into the muscle** - they take about 20 minutes to work. They can be used if you are unable to drink, and you do not have a drip.

**Suppositories** - these are small waxy pellets which are placed into your back passage. The pellet dissolves and the medication passes into your body. They are useful if you cannot swallow or are feeling sick.

Suppositories take about 30 minutes to work.

After an operation the anaesthetist may decide that you need one of the following:

**Patient Controlled Analgesia (PCA)** - A strong painkiller in a locked pump. You can use this pump to give yourself pain relief when you need it. You cannot give yourself too much of the painkiller.

**Epidural** - painkillers given through a fine plastic tube in your back to help block the pain coming from your operation.

If you require further information about PCA or Epidural please ask for a separate information leaflet.

## Drugs you may receive

The pain relief you receive will be chosen specifically for you. It is to include one or more of the following.

**Paracetamol** - relieves mild pain. It is also used together with other painkillers because it helps them to work better.

**Anti-inflammatory medicines (such as Ibuprofen)** - work well with other painkillers such as Paracetamol. Some patients are not able to take them because of their side effects.

Please tell your nurse or doctor if you know that they do not suit you.

**Opiates (such as Morphine)** - are strong pain killers often used to treat severe pain.

## Side-effects of painkillers

Sometimes the painkillers have unpleasant side effects. Most of them are not serious and can be easily treated, so tell your nurse if you are:

- Feeling sick or vomiting
- Itching
- Constipated
- Feeling sleepy

## Regular treatment and extra treatment

- Some painkillers will be given to you regularly at set times of the day
- Regular painkillers are given to prevent pain
- Other drugs may not have a set time
- They are there for you if you need them and you should ask if you have pain or feel sick. Some of these drugs, such as Morphine, are kept in a locked cupboard and you may have to wait while the nurses get them for you
- It is important to control pain as soon as possible, so tell the nurses if you have pain so that they can give you some painkillers promptly

## Any questions?

If you have any questions, you can ask your doctor, nurse or the Acute Pain Team.

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。