Having your pain controlled is important to us at Ascension. We will do everything possible to reduce your pain to a manageable level to help you function at your best.

**Rating your pain**
You will be asked to rate your pain using a number scale from 0 (no pain) to 10 (worst possible pain you can imagine). This will tell us how much pain you are having and how well treatments are working to relieve your pain:

- **1-3** = Mild pain
- **4-6** = Moderate pain
- **7-10** = Severe pain

You will also be asked to describe your pain using words such as sharp, dull, burning and throbbing. These words help us identify the type of pain you are having so it can be treated effectively.

**Setting goals for pain control**
It is important to understand it is generally not possible to take away all of your pain. You will be asked to identify a pain goal, which is the level of pain that allows you to rest and participate in activities needed for your recovery. Staff will review your pain goal with you often. To help you determine your pain goal, answer the following questions:

1) What activities and treatments are planned for me today?
2) What level of pain will allow me to do these activities?

**Use of the communication board**
The communication board in your room will share important information regarding your care to you, your family members and those involved in your care. One area of the communication board will contain information about your pain. We encourage you to write questions on the board you want to ask your doctors and nurses.
How will your pain be treated?
Different types of pain medications may be used based on the type of pain you are having. Using pain medication along with non-drug comfort measures is usually the most effective way to treat your pain. Some comfort measures are:

- Repositioning/Movement
- Heat/Cold
- Aromatherapy/Relaxation

How you can help?
Managing your pain requires a team approach, with you at the center of the team. There are things you can do to help us manage your pain in the most effective way possible:

- Tell us what has worked for you in the past to manage your pain
- Call for help if pain starts to increase – it is important to treat pain before it becomes severe
- Tell us if you have any side effects to your pain medication
- Ask questions – the more you know, the more you can be involved in your care

Questions for my doctor or nurse: