

Pain relief for young people

Inpatient Pain Team Patient Information Leaflet

Introduction

We know pain is horrible so we want to give you good pain relief to make you as comfortable as possible after surgery, injury and throughout your stay in hospital.

Good pain relief helps you:

- Feel better
- Recover quicker
- Move around easier

What is the role of the inpatient pain team?

The team is made up of doctors and nurses who are there specifically to help people who are in pain. They may give you various different types of pain relief depending on what is causing your pain.

What types of pain relief are there?

There are lots of different types of pain relief and they are given in different ways. These include:

Pain relief that you take by mouth

This may include tablets, liquid (like Calpol) or medicines which dissolve in water. The nurses will give these to you regularly, or whenever you need them.

Pain relief put into your rectum (bottom)

This is a specially made 'tablet' that is placed into your bottom where it dissolves into the bloodstream and reduces pain. This can be used if you cannot take medicine by mouth.

Intravenous pain relief

Intravenous means into a vein (blood vessel). This is given through a small plastic tube (cannula) into a vein. It is used for fast pain relief. If you have had an operation, you may already have a cannula in place. The cannula can also be used to give you other medications such as ones which can stop you from feeling or being sick.

Pain relief pump

There two types of these:

1. Patient-controlled analgesia (PCA). You can control your own pain relief by using this pump. A nurse or doctor will show you how to use it. It has a special programme in it so you cannot give yourself too much of the medicine.
2. Nurse-controlled analgesia (NCA). This is controlled by the nurse. They will give you pain relief based on how bad your pain is.

Pain relief that you inhale (breathe in)

This is a medicine which you breathe in. It is sometimes called gas and air. It is mostly used during procedures to reduce pain and/or worry, anxiety or fear.

What happens after my operation?

When you wake up from your operation, you will be in the recovery area. The nurses will ask you about your pain and what it is like. This is best time to treat pain.

When you are taken to the Children's Ward, the nurses will ask you again about your pain. To help us to see the level of pain, hurt or soreness you are experiencing, we use special measures called pain assessment tools. We do this to prevent your pain from becoming too bad and keep it under control. The pain assessment tools we use are on pages 4 and 5.

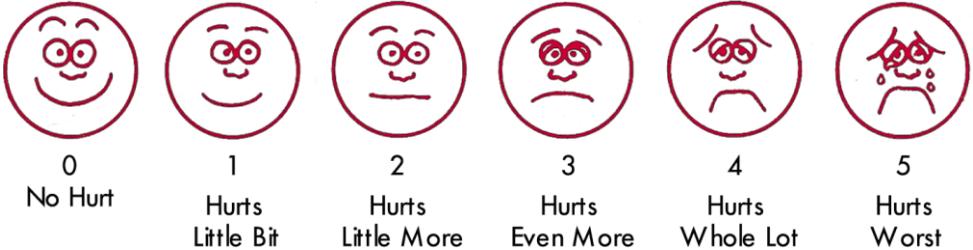
FLACC pain scale

FLACC is a tool for young children up to five years who cannot tell us if they are in pain. The table on the next page shows the signs of pain we look for.

	Score		
Categories	0	1	2
Face	No particular expression or smile	Occasional grimace or frown, withdrawn, disinterested	Frequent or constant quivering chin, clenched jaw
Legs	Normal position or relaxed	Uneasy, restless, tense	Kicking, or legs drawn up
Activity	Lying quietly, normal position, moves easily	Squirming, shifting back and forth, tense	Arched, rigid or jerking
Cry	No cry (awake or asleep)	Moans or whimpers, occasional complaint	Crying steadily, screams or sobs, frequent complaints
Consolability	Content, relaxed	Reassures by occasional touching, hugging or being talked to, distractible	Difficult to console or comfort

Wong and Baker Faces Pain Rating Scale

This is suitable for children aged five to 12 years. We will ask you to rate your pain based on the faces below:



Adults 0-3 Score

If you are over 12 years, we will ask you to rate your pain based on the scoring system in the table below:

Score	Pain
0	No pain
1	Mild pain
2	Moderate pain
3	Severe pain

Can I ask for help?

If you are still in pain at any time, or if you have any questions or concerns about your pain relief, please ask a nurse. It is best to do this as soon as you can. If you are having problems, the nurses may ask someone from the pain team to visit you to help you with your pain.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

The inpatient pain team on 01384 456111 ext. 2845 or 1729. You can also ask for us to be bleeped on 7851. (8am to 6pm, Monday to Friday. 8am to 4pm weekends and bank holidays).

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/pain-management/patient-information-leaflets/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

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