

Montana Pain (And Symptom Management) Standard of Care

- Reports of pain and symptoms are taken seriously and are treated with dignity and respect by all healthcare professionals.
- Pain and symptoms are thoroughly assessed and promptly treated.
- Patients are informed by the healthcare provider about what may be causing the pain and/or symptom(s), possible treatments, and the benefits, risks and costs of each.
- Patients participate actively in decisions about how to manage their pain and symptoms.
- Pain and symptom control is re-assessed regularly and the treatment adjusted if the pain or symptom has not been eased.
- Patients are referred to a pain specialist if the pain persists.
- Patients obtain clear and prompt answers to their questions, are allowed time to make decisions, and are allowed to refuse a particular type of treatment if they choose.
- Healthcare professionals utilize nationally recognized Pain and Symptom Treatment Guidelines to identify and optimize individual treatment plans.

Adapted from the Pain Care Bill of Rights by the American Pain Foundation. <http://www.painfoundation.org>

Barriers to Pain Control

Fear of Addiction

Cancer patients rarely if ever become addicted. When the cause of your pain is gone, you will no longer need your medications.

Fear of Immunity

There is no set limit to how much pain medicine your doctor can give you. Cancer pain patients do not become immune to pain medications.

Fear of Losing Control

You will NOT become “high.” Drowsiness from pain medications goes away in a few days.

Fear of Constipation

Narcotic medications block pain and block bowels. Constipation can be prevented by using laxatives and stool softeners on a regular basis. Examples are Colace and Senokot S. Ask your doctor or pharmacist which one might be the best for you.

Wanting to be a “Good” Patient

Your doctor and nurse want you to be out of pain. Never “tough it out.” Good pain control helps you feel stronger and more able to cope with your cancer.

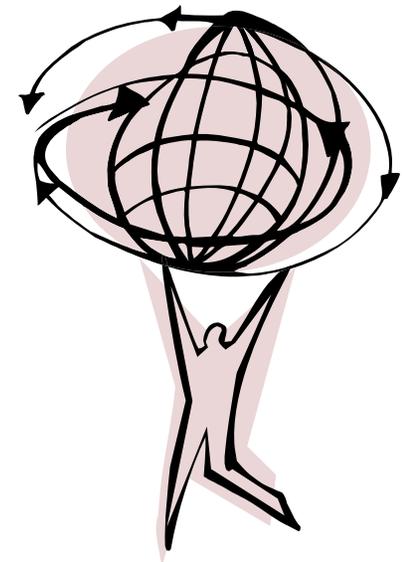
For More Information:

www.cancer.org
1-800-ACS-2345

2475 Broadway
Helena, MT 59601
Phone: (406) 442-2480

St. Peter's Hospital Cancer Pain Guide

Controlling Your Cancer Pain



Committed to Effective
Pain Management

Controlling Cancer Pain

Pain Stops

- Daily Activities
- Sleeping
- Eating
- Relationships
- Interest in Work and Hobbies
- Ability to Enjoy Life

Pain Leads To

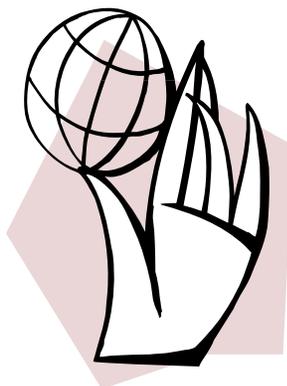
- Tiredness
- Depression
- Anger
- Stress
- Loneliness

Non-Medication Pain Control

Non-medication pain control techniques can provide you with some relief and may increase the effectiveness of your pain medications.

These techniques include:

- Deep breathing exercises
- Physical agents (massage, cold packs, and relaxation)
- Positive thinking
- Nerve stimulation (TENS)
- Music



Cancer Pain Management Facts

- Pain is a common concern of people with cancer. Not everyone with cancer has pain. If you have pain, it should be treated.
- ***Almost all cancer pain can be relieved.***
- The best way to treat cancer pain is to treat its cause. The most common cause of cancer pain is the cancer itself. Sometimes cancer treatment causes pain. Some pains have little to do with cancer.
- Narcotic medications can relieve most cancer pains. Narcotics in the right dose and at the right interval are safe at anytime during your illness.
- Non-narcotic medications can be added to help with cancer pains. Tylenol, Aspirin, and NSAIDs (Non-Steroidal Anti-Inflammatory Drugs) such as Ibuprofen or Naproxen are a few examples.

Receiving Medications

- **Orally**: Tablets, capsules, and liquids can be given by mouth; however, these medications cannot be used if you are not to have anything by mouth or if you have nausea and vomiting.
- **Injections**: Medications can be injected into the skin or muscle even if you have nausea or vomiting.
- **Intravenously (IV)**: Medications can be given into your vein through a small tube that stays in your vein. They are fully absorbed and act quickly.

Your Part in Cancer Pain Control

Remember:

Your doctor, nurse and pharmacist care about you and your pain control

Tell Them:

- Where it hurts
- How strong the pain is
- When the pain started
- What makes the pain better
- How the pain feels
- How much of the pain your medicine takes away

Don't Hesitate to Talk



http://www3.us.elsevierhealth.com/WOW/graphics/wong_faces0-10.gif

about Your Pain

Your nurses and doctors may ask you to report your pain us-