

**BRIGGS**<sup>®</sup>

**UNDERSTANDING  
AND MANAGING**

**PAIN**

PATIENT  
EDUCATION  
GUIDE

SAMPLE

**STATEMENT OF CONFIDENTIALITY**

This booklet may contain protected health information. Persons other than you and your health care providers must have your permission to view this booklet.

# Introduction to Understanding and Managing Pain

This Patient Education Guide is a tool designed to provide you with important information about Pain. The guide follows a question format – what is pain, what are the different types of pain, how is pain diagnosed, how is it treated, etc. This guide will provide answers to the most common questions and action items for your well-being.



Our goal is to further your knowledge about pain – to help you understand and manage pain better. Knowledge is power, thus our hope is that the information in this guide will give you just that. The power to understand what is happening to you and to motivate you to seek diagnosis and treatment in a timely manner. Knowledge also provides comfort and reduces fear. That is indeed our intent with this guide.

Be well and stay healthy!

# Understanding and Managing Pain Patient Education Guide

	Page
<b>What is Pain?</b> . . . . .	1
<b>What are the Different Types of Pain?</b> . . . . .	3
<b>How is Pain Described? How is Pain Diagnosed?</b> . . . . .	4
<b>How is Pain Treated?</b> . . . . .	6
<b>How Can I Help Myself?</b> . . . . .	13
<b>Can I Get Addicted to Pain Medication?</b> . . . . .	15
<b>Conclusion.</b> . . . . .	19
<b>Concerns/Questions to Talk About With My Doctor</b> . . . . .	21
<b>Next Appointments</b> . . . . .	22-23
<b>My Contact Numbers</b> . . . . .	24-25
<b>Personal Notes to My Doctor/Family/Caregivers.</b> . . . . .	26-27
<b>Medication Profile</b> . . . . .	28-29
<b>Location of Important Documents with Your Wishes</b> . . . . .	30-31

**Purpose:** This booklet is for informational purposes only and is not designed to replace your physician’s advice or treatments. The information contained in this booklet may vary, depending on the laws in the state you live in.

**Disclaimer:** We have attempted to make the information contained in this booklet as accurate as possible. Briggs Healthcare® makes no guarantees as to its accuracy and assumes no liability for the use of its forms and publications.

**Research Resources:** Centers for Disease Control and Prevention (CDC), Mayo Clinic, Cleveland Clinic, National Institute of Aging (NIA)/National Institute of Health (NIH), Johns Hopkins Medicine, International Association for the Study of Pain (IASP), Food and Drug Administration (FDA).

**Professional Consultant:** Mary Madison, RN, RAC-CT, CDP.

## What is Pain?

Let's begin with a brief discussion of vital signs. Vital signs are basic measurements of our body's functions. The four (4) commonly recognized vital signs include temperature, pulse (measurement of heart rate), respirations (breaths per minute) and blood pressure (force of blood pushing against artery walls during contraction



and relaxation of the heart). Doctors and healthcare clinicians monitor these vital signs to determine your state of health as well as watch for indicators of potential medical problems. These vital signs are measured when you see a physician in his/her office, when you're hospitalized, when a nurse visits you in your home – chances are you also monitor your vital signs in your own home with basic equipment which could include a smart device such as a watch or phone app. There are other vital signs that clinicians monitor during an emergency such as SpO<sub>2</sub> (blood oxygen level), level of consciousness (flow of blood and oxygen

to the brain stem) and urine output.

Pain is often referred to as the fifth vital sign. That reference was used initially in 1996 by the American Pain Society to improve the diagnosis and treatment of pain. The Veterans Administration (VA) adopted this term in 1999. In 2001, the Joint Commission on Accreditation of Healthcare Standards (now called The Joint Commission) released standards related to the assessment and treatment of pain.

In short, pain is your body's way of telling you that something is wrong. Pain is not always visible – no one but you knows how your pain feels. In other words, pain is personal.

**The Oxford Dictionary defines pain as “physical suffering or discomfort caused by illness or injury.”**

In July 2016, the International Association for the Study of Pain (IASP) revised the definition of pain to “an unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage.” The IASP also added these 6 key notes:

<sup>1</sup> <https://www.iasp-pain.org/publications/iasp-news/iasp-announces-revised-definition-of-pain/>

- **Pain is always a personal experience** that is influenced to varying degrees by biological, psychological, and social factors.
- Pain and nociception (type of pain caused by tissue damage) are different phenomena. Pain cannot be inferred solely from activity in sensory neurons.
- **Through their life experiences, individuals learn the concept of pain.**
- **A person's report of an experience as pain should be respected.**
- Although **pain** usually serves an adaptive role, it **may have adverse effects on function and social and psychological well-being.**
- **Verbal description is only one of several behaviors to express pain; inability to communicate does not negate the possibility that a human or a nonhuman animal experiences pain.**



There are risk factors for chronic pain. Some of those are:

- **Smoking:** When you smoke, you put yourself at greater risk for developing medical conditions that lead to the need for chronic pain treatment. Smoking can increase your sensitivity to pain. More than 50% of people seeking pain treatment are smokers.
- **Age:** Older people are more likely to experience chronic pain from arthritis and neuropathy (weakness, numbness or pain from nerve damage – usually in feet or hands).
- **Being obese:** Obesity can worsen certain health conditions that cause pain, such as arthritis. Extra weight puts extra pressure on your joints.
- **Genetics:** Some chronic pain causes – like migraines – tend to run in the family. Migraines are headaches that vary in intensity that may be accompanied by nausea or sensitivity to light and sound.
- **Previous injury:** You're more likely to develop chronic pain in the future if you've had a traumatic injury. Previous surgery can also lead to pain in the future.
- **Stress:** Chronic pain is connected to both frequent stress and post-traumatic stress disorder (PTSD).
- **Strenuous work:** Having a physically strenuous job puts you at greater risk for developing chronic pain.



# This file is just a small sample of this booklet

## Our Patient Education Series offer:

- A simple solution for the education of individuals and family for common health conditions and issues
- A tool for smooth transitions between care settings
- Documentation tools to track compliance and record information (i.e., medications, appointments, diet)
- Guidance for lifestyle changes and other interventions to help with day-to-day management
- Large print and simplified language enhances readability and comprehension

## ORDER ADDITIONAL BOOKS FROM:

Briggs Healthcare **800.247.2343** or online at **[www.BriggsHealthcare.com](http://www.BriggsHealthcare.com)**

**Titles Available:** **8122** Heart Failure, **8123** COPD, **8124** Diabetes, **8125** Stroke, **8126** Wound Care, **8127** Arthritis, **8128** Total Knee Joint Replacement, **8129** Discharge & Transition of Care, **8130** Total Hip Joint Replacement, **8131** Bowel & Bladder Incontinence, **8132** Flu & Pneumonia, **8133** Dementia Care, **8134** Palliative Care, **8135** End-Of-Life, **8136** COVID-19, **8137** Falls, **8138** Understanding Depression, **8139** Understanding Parkinson's Disease

*[New titles are always being added. Visit BriggsHealthcare.com to see what's new!](http://www.BriggsHealthcare.com)*