

Pain management

Pain control is an important part of your care and healing process. Together with you, we're here to make your stay comfortable and as pain-free as possible.

What we need from you

1. You will be asked to provide us with a scoring of your pain. When you score your pain, think about how easy it is for you to move, turn, roll, cough, sit and/or walk, and be able to rest or sleep comfortably. There is no right or wrong answer.
2. You should not wait until your pain is severe to ask for your pain medication. You should ask for your pain medicine before it becomes difficult to move, turn, roll, cough, sit and/or walk, or to rest comfortably.
3. It may not be possible for you to achieve a "zero" pain level (no pain). Pain medication will be ordered to keep you as comfortable as possible and to keep you from having any unwanted side effects.
4. If you have chronic pain, please let us know what currently works for you to manage your pain.
5. You are encouraged to bring any items to keep your mind busy such as electronic devices and magazines.

What you can expect from us

1. You can expect your nurse to frequently ask you what your pain level is so that he/she will know how comfortable you are and how your pain medication is working.
2. You will be asked to rate your pain on a scale of 0 to 10, 0 = no pain; 10 = extreme pain.
3. Nursing staff will check on you hourly during the day and every two hours at night (unless you are resting with your eyes closed) and will ask you about your pain and comfort.
4. Your care team members will work together to manage your pain and keep you comfortable so that you can move, turn, roll, cough, sit and/or walk, and be able to rest or sleep with ease.
5. We will create a plan for pain management so that we meet your individual needs and expectations.
6. Inpatients can expect to see a pain medication schedule listed on the white board in their room.
7. Inpatients can expect your nurse to provide you with a list of items referred to as a comfort menu.

Pain medication expectations

1. You should understand that your pain medicine may not take away all of your pain.
2. You should expect that your pain medicine will allow you to move, turn, roll, cough, sit and/or walk, and be able to rest or sleep comfortably.
3. You can expect that your pain medication orders will be reviewed by a pharmacist.
4. You should know that pain medications given in your vein work faster but do not last a long time. Pain pills work slower, but last longer. You will be given pain pills as soon as possible to prepare you for discharge.
5. You should know that all medications including pain medication have side effects but will be managed to keep you safe.

For more information, please contact:

Northern Light Surgical Navigation | 207.973.5456 | northernlighthealth.org