

About Your Pain

Pain is the body's way of sending a message to your brain that help is needed. Tell your doctor or nurse about your pain so they can keep you comfortable. These are questions you may be asked about your pain:

- **Where is your pain?** Point to the place on your body where it hurts.
- Does the pain spread to other parts of your body?
- When did the pain start?
- **How much does it hurt?** Point to a number or face that shows us how much pain you are having.

"Zero to Ten" Scale (0 to 10) for rating pain.

0 1 2 3 4 5 6 7 8 9 10

No Pain **Moderate Pain** **Worst Possible Pain**

May be duplicated for use in clinical practice. As appears in McCaffery M, Pasero C: Pain: Clinical manual, p.67, 1999, Mosby, Inc.

Wong-Baker FACES Pain Rating Scale

0 2 4 6 8 10

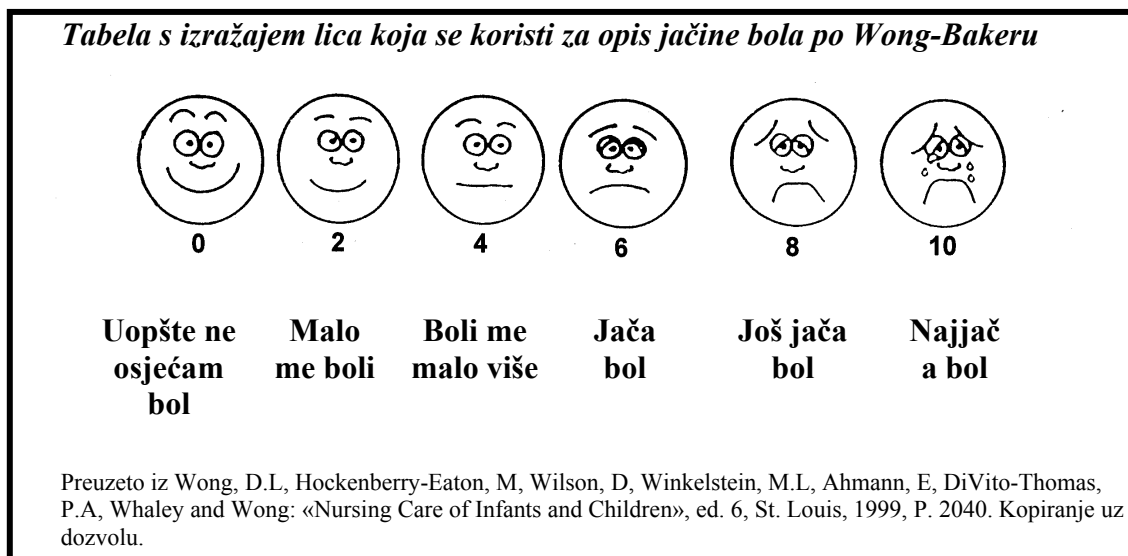
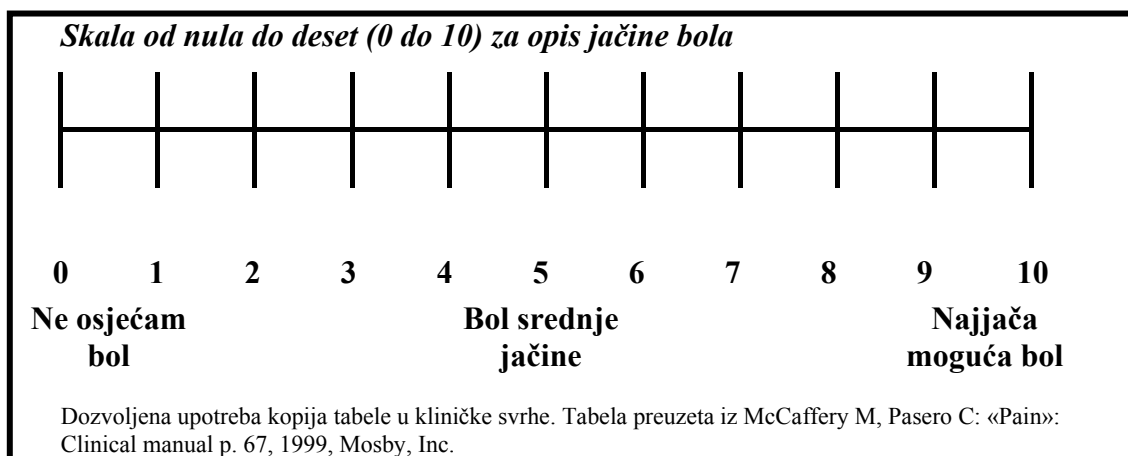
No Hurt **Hurts Little Bit** **Hurts Little More** **Hurts Even More** **Hurts Whole Lot** **Hurts Worst**

From Wong, D.L., Hockenberry-Eaton, M., Wilson, D., Winkelstein, M.L., Ahmann, E., DiVito-Thomas, P.A. Whaley and Wong's Nursing Care of Infants and Children, ed. 6, St. Louis, 1999, p. 2040. Copyrighted by Mosby, Inc. Reprinted by permission.

O Vašem bolu

Bol je način na koji tijelo šalje poruku mozgu da mu je potrebna pomoć. Recite Vašem ljekaru ili medicinskoj sestri koliki stepen boli osjećate kako bi Vam mogli pomoći da se ugodnije osjećate. Ovo su pitanja koja bi Vam se mogla postaviti u vezi Vaše boli:

- **Gdje Vas boli?** Pokažite mjesto na svom tijelu koje je bolno.
- Da li Vam se bol širi na druge dijelove tijela?
- Kada Vas je počelo boliti?
- **Koliko Vas boli?** Pokažite na broj ili lice koje pokazuje stepen boli koju osjećate.



- **What does it feel like?** Does it burn, tingle or ache? Is it dull or sharp? Is it constant or does it come and go?
- **Is it worse at any time of the day?** Morning? Evening?
- **What makes the pain feel better?** What makes the pain feel worse? What have you done to try to relieve the pain? Does the medicine make it feel better? Does it hurt more when you are active or lying still?
- **Does the pain affect other parts of your life?** Does it make it hard to sleep, eat, or care for yourself or others? Does it cause you to be upset, cry or to be less patient?

Talk to your doctor or nurse about your pain. Share your concerns and ask questions.

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- **Kakav je osjećaj?** Da li peče, probada ili boli? Da li je tup ili oštar? Da li je neprekidan ili povremen?
- **Da li se pogoršava u neko doba dana?** Ujutro? Naveče?
- **Šta olakšava bol?** Šta pogoršava bol? Šta ste uradili da smanjite bol? Da li lijekovi pomažu da se bolje osjećate? Da li Vas više boli kad ste aktivni ili kada mirno ležite?
- **Da li bol utiče na druge dijelove Vašeg života?** Da li uzrokuje da teško spavate, jedete ili da se brinete za sebe ili druge? Da li utiče na to da osjećate uzrujanost, plač ili da imate manje strpljenja?

Posavjetujte se o svom bolu sa Vašim ljekarom ili medicinskom sestrom. Podijelite svoje brige i pitajte ih šta Vas zanima.

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About Your Pain. Bosnian.