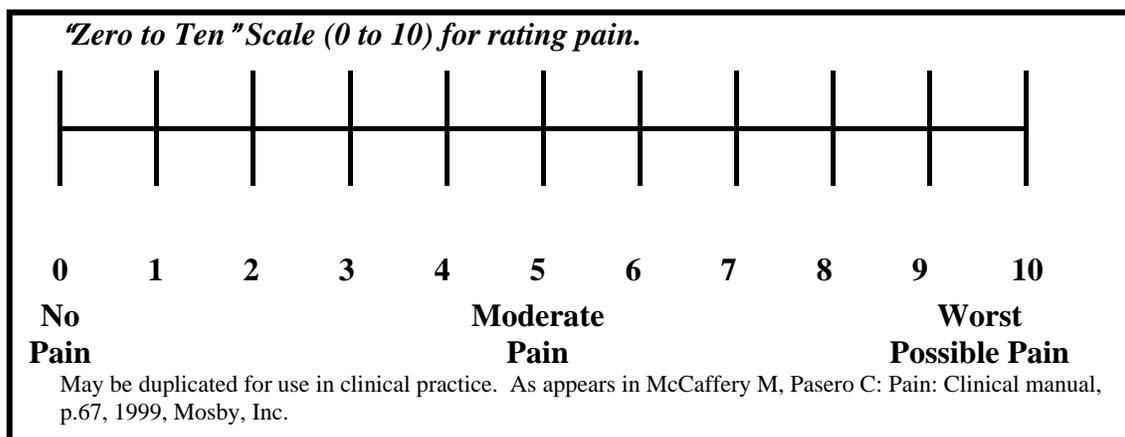


About Your Pain

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:

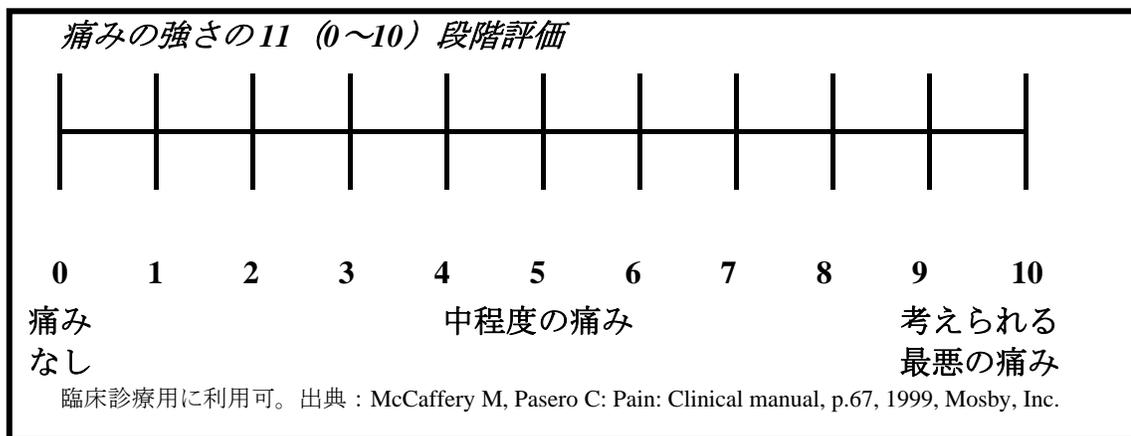
- **Where is your pain?** Point to the place on your body where it hurts.
- Does the pain spread to other parts of your body?
- When did the pain start?
- **How much does it hurt?** Point to a number or face that shows us how much pain you are having.



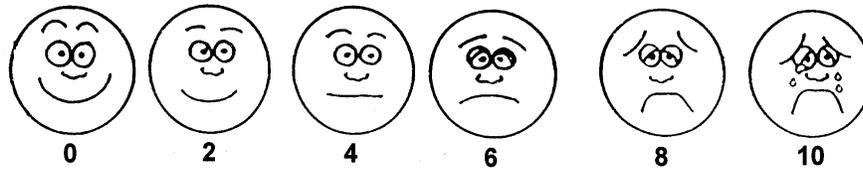
痛みについて

痛みは体が助けを必要としていることを脳に伝えるメッセージです。担当医師や看護師が痛みを和らげるための措置を施せるように、痛みの感覚や程度を伝えてください。問診では、痛みについて以下の質問を受ける場合があります。

- 痛む箇所はどこですか? 痛みを感じる箇所を指差してください。
- 痛みは体の他の部分に広がっていますか?
- いつから痛み始めましたか?
- 痛みの程度はどのくらいですか? 以下の番号または顔のマークからあなたの痛みの程度を表すものを示してください。



Wong-Baker *FACES* Pain Rating Scale

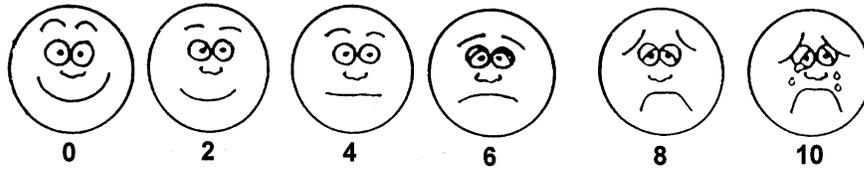


No Hurt **Hurts Little Bit** **Hurts Little More** **Hurts Even More** **Hurts Whole Lot** **Hurts Worst**

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.

- **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?

Wong-Baker FACES による痛みの強さ評価



痛く わずか 少し痛い 痛い とても痛い 最悪に
ない に痛い 痛い 痛い 痛い

出典：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. 複写許可取得済み。

- どのような種類の痛みですか? ヒリヒリしますか、ズキズキしますか、それともうずく感じですか? 鈍い痛みですか、鋭い痛みですか? ずっと続く痛みですか、やってきては去っていくような痛みですか?
- 1日のうちで特に痛むときはありますか? 朝ですか?夜ですか?
- 何をしたときに痛みがやわらぎますか? 何をしたときに痛みが悪化しますか? 痛みをやわらげるために何かをしましたか? 薬で痛みはやわらぎましたか? 動いているときとじっとしているときでは、どちらがより痛みますか?
- 痛みが生活に影響を与えていますか? 寝られない、食べられない、身の回りのことができないなどはありますか? 痛みのために冷静さを欠いたり、涙が出たり、忍耐力が低下したりしていますか?

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

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痛みについては、担当医師または看護師にご相談ください。不明な点や疑問について質問してください。

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About Your Pain. Japanese