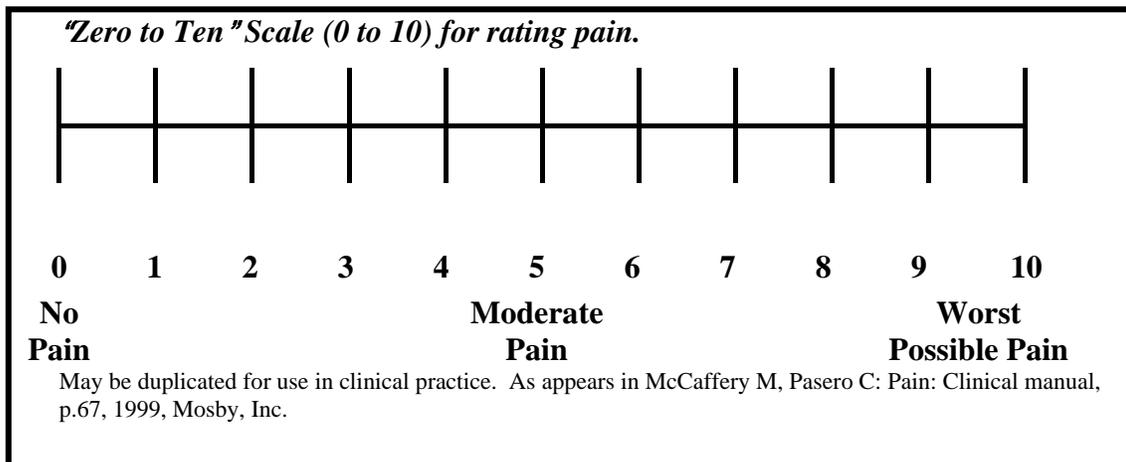


# About Your Pain

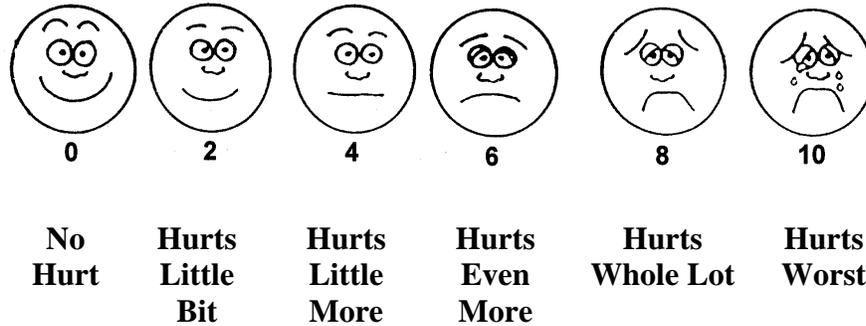
Pain is the body's way of sending a message to your brain that help is needed. Tell your doctor or nurse about your pain so they can keep you comfortable. These are questions you may be asked about your pain:

- **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.





### Wong-Baker FACES Pain Rating Scale



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?

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

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왕 베이커 얼굴 표정으로 통증 정도 표시



Wong, D.L., Hockenberry-Eaton, M., Wilson, D., Winkelstein, M.L., Ahmann, E., DiVito-Thomas, P.A. Whaley, Wong의 유아와 어린이 간호 제 6판 세인트 루이스, 1999, p. 2040. 승인을 통해 재판된 Mosby, Inc.사의 저작권임.

- 통증의 느낌이 어떻습니까? 화끈 거리나요, 찌릿찌릿한가요 아니면 쭈시나요? 무딘 통증인가요 아니면 콧코 찌르나요? 계속 아픈가요 아니면 아팠다 안 아팠다 하나요?
- 하루 중 특히 더 아플 때가 있나요? 아침에요? 저녁에요?
- 어떻게 하면 통증이 덜 하나요? 어떻게 하면 통증이 더 심하나요? 통증을 가시게 하려고 어떠한 조치를 하셨나요? 약을 먹으면 도움이 되나요? 활동을 하면 더 아픈가요, 아니면 가만히 누워있을 때가 더 아픈가요?
- 통증이 생활에 지장을 주나요? 통증 때문에 잠을 자거나, 음식을 먹거나, 자신이나 남을 관리하는 것이 힘든가요? 통증 때문에 화가 나거나, 울고 싶거나, 참을성이 덜해지나요?

의사나 간호사에게 통증에 대해 알려주세요. 걱정되는 점이나 질문이 있으면 상의하십시오.

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About Your Pain. Korean.