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 help you feel better.

You may be asked to describe 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.

有关您的疼痛

疼痛是身体向大脑传递需要帮助信息的一种方式。请将您的疼痛情况告诉医生或护士，他们可以帮助您减轻痛苦。

他们可能向您询问以下问题：
- 您的疼痛部位是？指出您身上的疼痛部位。
- 疼痛会扩散到身体的其他部位吗？
- 疼痛是何时开始的？
- 疼痛程度如何？指出一个显示疼痛程度数字或脸谱来告诉我们您有多疼。

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**Numeric Rating Scale**

- 0: No pain
- 1: Slight pain
- 2: Mild pain
- 3: Moderate pain
- 4: Severe pain
- 5: Very severe pain
- 6: Worst possible pain

**Wong-Baker FACES® Pain Rating Scale**

- 0: No Hurt
- 2: Hurts Little Bit
- 4: Hurts Little More
- 6: Hurts Even More
- 8: Hurts Whole Lot
- 10: Hurts Worst

Used with 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 irritable?

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

• 这是什么感觉？是灼痛、刺痛或是疼痛？是钝痛还是剧烈疼痛？ 疼痛是持续性的还是时好时坏？
• 一天中的某个时候疼痛会加剧吗？早晨？傍晚？
• 什么会减轻疼痛？
• 什么会使疼痛加重？
• 您有做什么来试图缓解疼痛吗？
• 药物能减轻疼痛吗？
• 活动或静卧时会更疼吗？
• 疼痛有影响您生活的其它方面吗？
• 是否会让人寝食难安，难以自理或照顾他人？
• 它是否会让您心烦意乱、哭泣或烦躁不安？

请将您的疼痛情况告知医生或护士。也请告知您的关注事宜和疑虑。