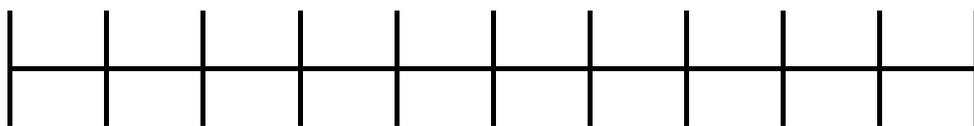


About Your Pain

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.

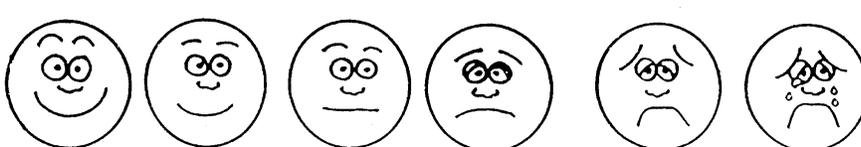
"Zero to Ten" Scale (0 to 10) for rating pain.



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



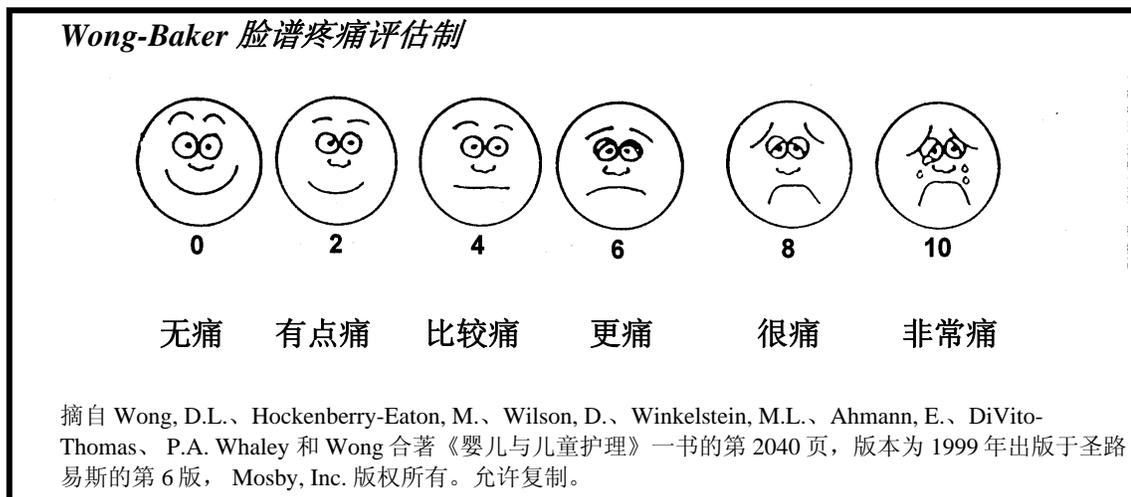
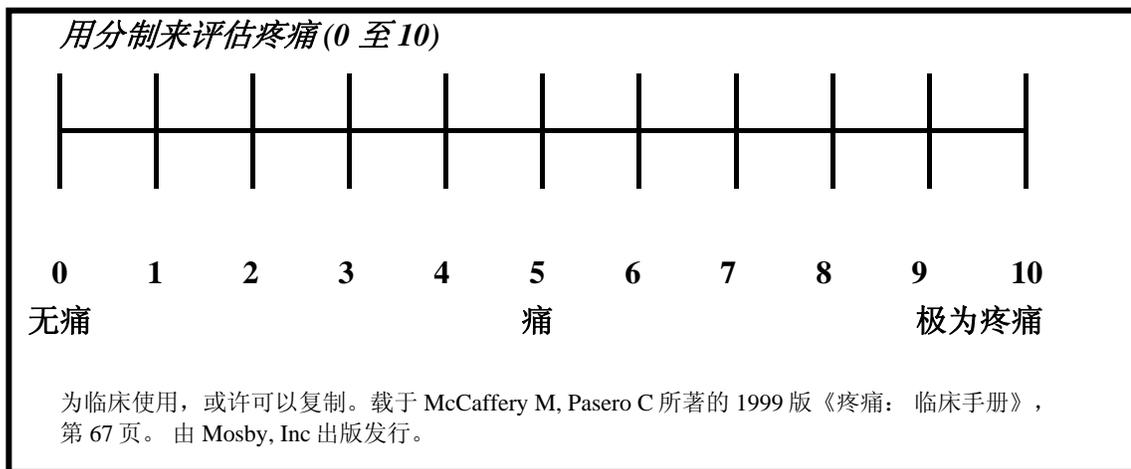
0	2	4	6	8	10
No Hurt	Hurts Little Bit	Hurts Little More	Hurts Even More	Hurts Whole Lot	Hurts Worst

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.

有关您的疼痛

疼痛是您的身体需要帮忙而向大脑发出信息的一个方法。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？指出您身上的疼痛部位。
- 疼痛是不是扩散到身体的其它部份？
- 疼痛是何时开始的？
- 疼痛程度如何？指出向我们显示您疼痛程度的一个数字或一张脸。



- **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.

- **感觉如何？** 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痛时好？
- **疼痛在一天中的任何时候恶化吗？** 早晨？傍晚？
- **什么会减轻疼痛？** 什么会使疼痛加重？您做了什么来试图减轻疼痛？药物能减轻疼痛吗？疼痛何时会加剧，是您活跃时或是静躺时？
- **疼痛影响您生活的其它方面吗？** 疼痛是不是使您很难睡觉、吃东西或照顾自己或他人？它是不是引起您心烦、哭泣或没有耐心？

请将您的疼痛情况告知您的医生或护士。也请告知您的关注事宜并提问。

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About Your Pain. Simplified Chinese.