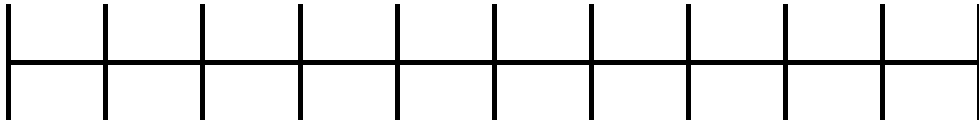


About Your Pain

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

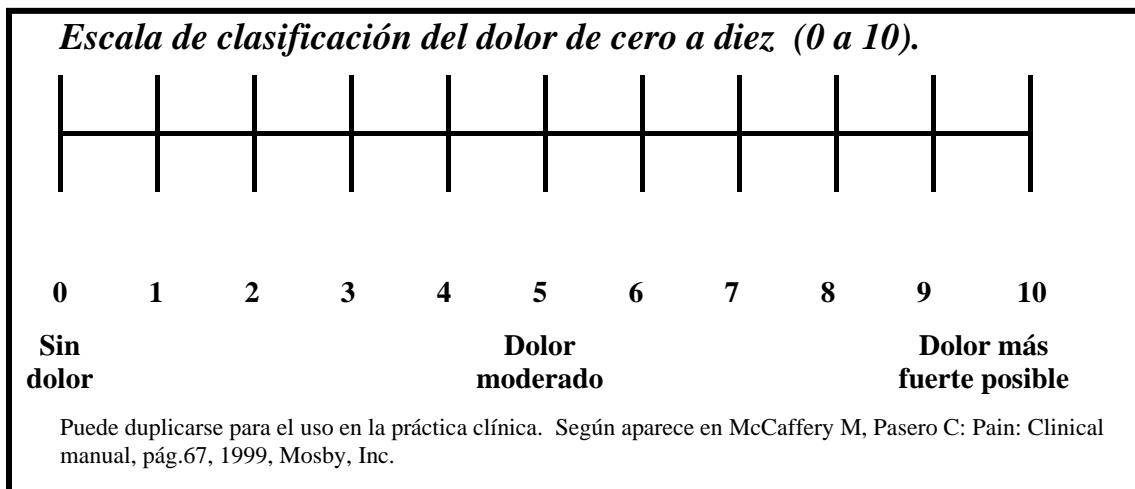
No Pain Moderate Pain Worst Possible Pain

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

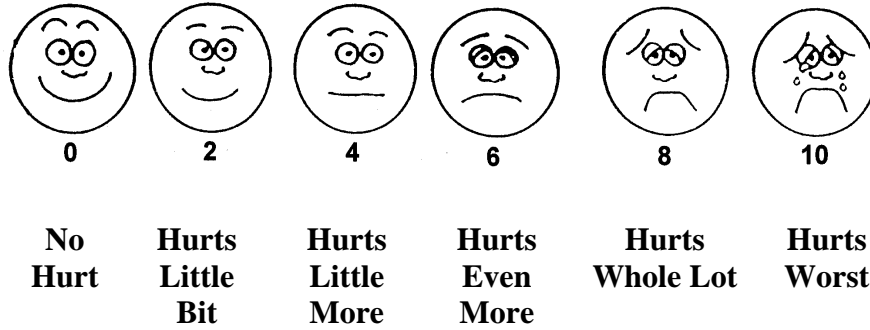
Acerca de su dolor

El dolor es la manera que tiene el cuerpo de enviar un mensaje al cerebro indicando que necesita ayuda. Informe a su médico o enfermera sobre su dolor para que puedan mantenerlo cómodo. A continuación, encontrará algunas preguntas que le pueden hacer sobre su dolor:

- **¿Dónde le duele?** Indique el lugar del cuerpo donde le duele.
- **¿El dolor se ha extendido a otras partes del cuerpo?**
- **¿Cuándo comenzó el dolor?**
- **¿Cuánto le duele?** Indique un número o cara que nos muestre cuánto dolor tiene.



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?

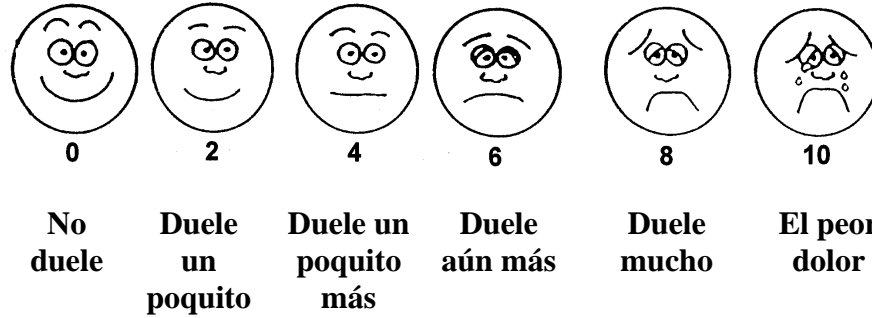
- **Is it worse at any time of the day?** Morning? Evening?
- **What makes the pain feel better?** What makes the pain feel worse? What have you done to try to relieve the pain? Does the medicine make it feel better? Does it hurt more when you are active or lying still?
- **Does the pain affect other 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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Escala de clasificación del dolor con ROSTROS de Wong-Baker



De Wong, D.L., Hockenberry-Eaton, M., Wilson, D., Winkelstein, M.L., Ahmann, E., DiVito-Thomas, P.A. Whaley and Wong: Nursing Care of Infants and Children, ed. 6, St. Louis, 1999, pág. 2040. Con derechos de autor de Mosby, Inc. Impreso con permiso.

¿Cómo lo describiría? ¿Siente ardor, hormigueo o dolor? ¿Es agudo o latente? ¿Es continuo o intermitente?

- **¿Empeora en algún momento del día?** ¿En la mañana? ¿En la noche?
- **¿Qué alivia el dolor?** ¿Qué lo empeora? ¿Qué ha hecho para intentar aliviar el dolor? ¿Los medicamentos alivian el dolor? ¿Duele más cuando está activo o cuando está recostado?
- **¿El dolor afecta otros aspectos de su vida?** ¿Le dificulta dormir, comer o cuidar de otros o de sí mismo? ¿Le hace sentir disgustado, lloroso o impaciente?

Hable con su médico o enfermera sobre su dolor. Comparta sus inquietudes y haga preguntas.

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About Your Pain. Spanish.