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.

有關您的疼痛

疼痛是您的身體需要幫忙而向大腦發出訊號的一個方法。請將疼痛情況告知醫生或護士，他們可以幫助您減輕痛苦。

他們可能向您詢問以下問題：

• 您的疼痛部位？指出您身上的疼痛部位。
• 疼痛是不是散佈到您身體的其他部份？
• 疼痛是何時開始的？
• 疼痛程度如何？指出向我們顯示您疼痛程度的一個數字或一張臉。

數字評分量表

Numeric Rating Scale

Wong-Baker 腦譜疼痛評估制
Wong-Baker FACES® Pain Rating Scale

經許可使用
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.

• 感覺如何？是灼痛、刺痛或是疼痛？是鈍痛還是劇烈疼痛？疼痛是持續性的還是時痛時好？
• 疼痛在一天中的任何時候惡化嗎？早晨？傍晚？
• 什麼會減輕疼痛？
• 什麼會使疼痛惡化？
• 您做了什麼試圖減輕疼痛？
• 藥物能減輕疼痛嗎？
• 疼痛何時會加劇，是您活躍時或是靜躺時？
• 疼痛影響您生活的其他部份嗎？
• 疼痛是不是使您很難睡覺、吃東西或照顧自己或他人？
• 是否會使您心煩意亂、哭泣或煩躁不安？

請將您的疼痛情況告知您的醫生或護士。也請告知您的關注事項並發問。