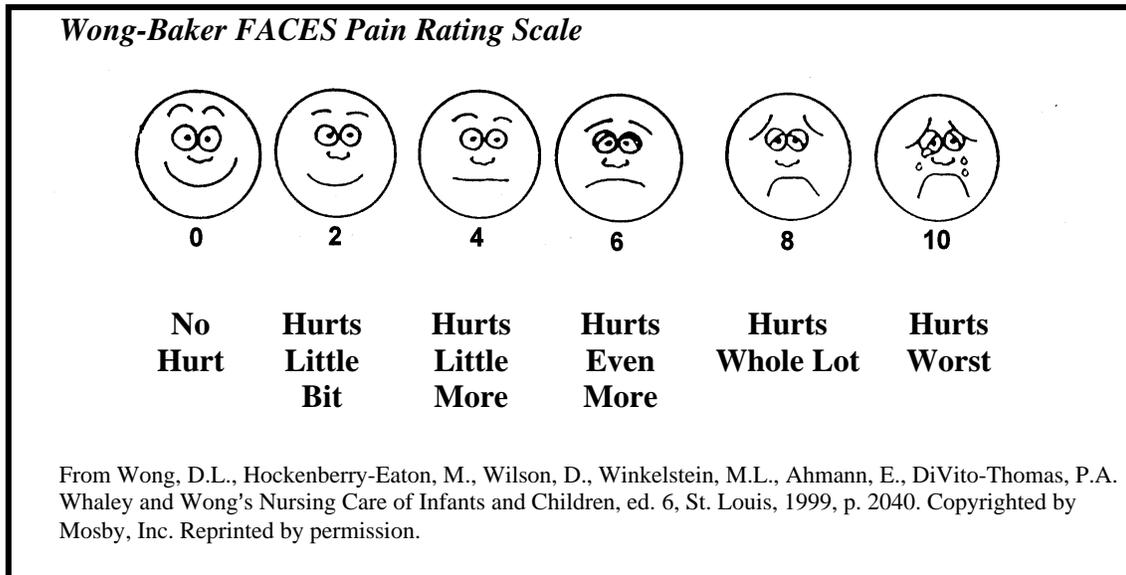
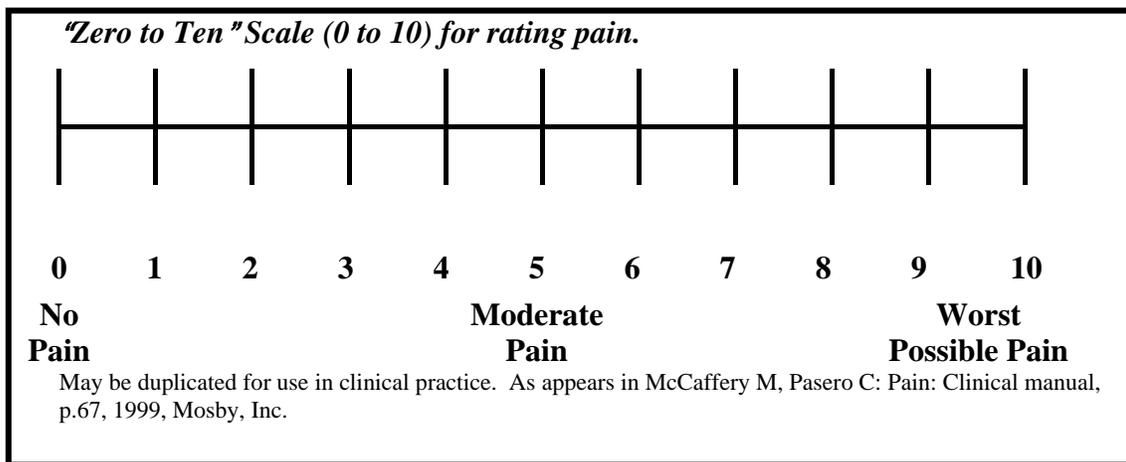


About Your Pain

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?**

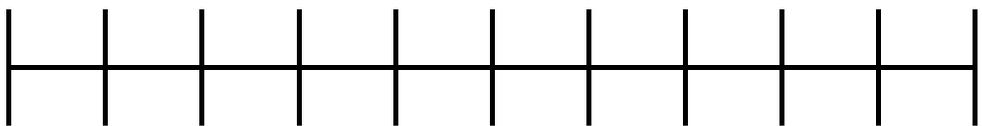


有關你的疼痛

疼痛是您的身體需要幫忙而向大腦發出訊號的一個方法。請將您的疼痛情形告訴醫生或護士，他們可以幫助您減輕疼痛。他們可能就您的疼痛向您詢問以下問題：

- 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？

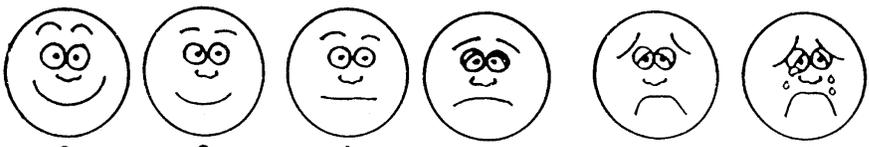
用 ⁰⁻¹⁰ 分制來評估疼痛(0 至 10)



0 1 2 3 4 5 6 7 8 9 10
無痛 痛 極為疼痛

為臨床使用，或許可以複製。載於 McCaffery M, Pasero C 所著《疼痛：臨床手冊》的第 67 頁，1999 版。由 Mosby, Inc 出版發行。

Wong-Baker 臉譜疼痛評估制



0 2 4 6 8 10
無痛 有點痛 比較痛 更痛 很痛 非常痛

摘自 Wong, D.L.、Hockenberry-Eaton, M.、Wilson, D.、Winkelstein, M.L.、Ahmann, E.、DiVito-Thomas、P.A. Whaley 和 Wong 合著的《嬰兒與兒童護理》一書的第 2040 頁，版本為 1999 年出版於聖路易斯的第 6 版。Mosby, Inc. 版權所有。允許複製。

- **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.
- **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.

- 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。
- 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？它是不是引起您心煩、哭泣或沒有耐心？

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。

2005 – 9/2010 Health Information

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About Your Pain. Traditional Chinese.