

# Pain in Hospital



Pain happens when something is wrong.  
Everyone has pain at sometime but not everyone has to come into hospital because of pain.

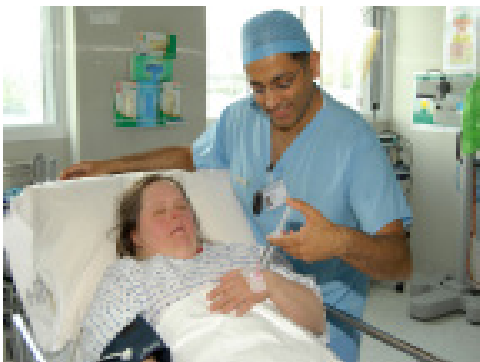


Sometimes when people are very sick they might have to come into hospital.

## Why do I have pain?



It might be because you have hurt yourself or feel poorly.



Sometimes the things doctors and nurses do to try and make you better can hurt.

Things like injections or needles into the back of your hand.



You might be in pain if you have had an operation in hospital.

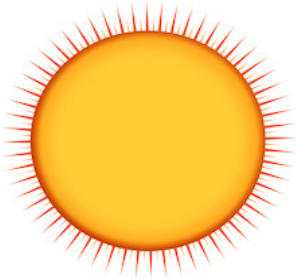


We will ask you if you can tell us what the pain feels like as this helps us find out the right kind of medicine for your pain.

## Telling the doctors and nurses about your pain



When does it hurt?



In the daytime



or at night



It might feel like an aching pain



It might feel like a burning pain



It might feel like a stabbing pain

## Pain can be anywhere. It might be your head, back or tummy



Head

☐

Back

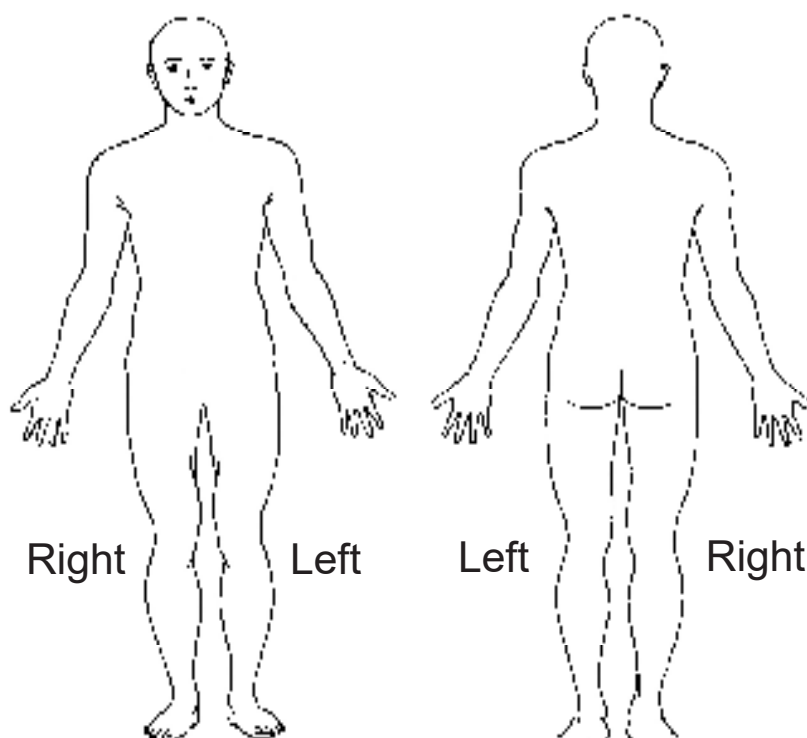
☐

Tummy

☐

We will ask you where your pain is.

You could use the picture to show us where it hurts.



To help us find out how bad the pain is we ask you to count out your pain using numbers.

0 is no pain at all.

10 is the worst pain ever.

0 1 2 3 4 5 6 7 8 9 10



No  
Pain



Worst  
Pain  
Imaginable

## What doctors and nurses can do to help your pain



They can give you some tablets

or some syrup



or an injection



or sometimes medicine from a machine



If you have an operation, you may have an injection into your back called an epidural.



You might use a machine.

Where you press a button and the medicine goes into your arm.



There are other things that help with pain.

Using a pillow to help you sit up.



Making sure you are not too warm.



or too cold.



Please ask questions if you do not understand.



Make a list of things you need to ask.  
If the pain does not feel better with medicine let the nurses know so they can help you.

If you have any comments about this leaflet or the service you have received you can contact :



Lead Nurse Pain Service  
Calderdale Royal Hospital  
Telephone No. (01422) 224085  
or

Complex Needs Matron  
Huddersfield Royal Infirmary, via Switchboard  
Telephone No. (01484) 342000

[www.cht.nhs.uk](http://www.cht.nhs.uk)



**Calderdale and Huddersfield NHS Foundation Trust  
has a no smoking policy across all buildings.**

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੁਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

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برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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المذكور أعلاه"