



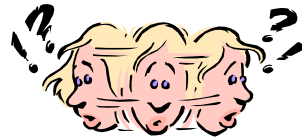
## The Assessment Process

The Pain Management Assessment form, which has been left in your home, is a tool that your healthcare team will use to make sure that any periods of pain you may have during your illness are dealt with efficiently and effectively.



## How does it work?

At some stages of your illness you may experience pain. Members of your care team will discuss with you whether or not you are suffering any pain. If you are having pain, and based on your response, they will enter a pain score in the appropriate box on the card. They will also note any changes in medication prescribed to alleviate this pain. This enables the care team to closely monitor your pain and make sure that it is dealt with appropriately.



## What do YOU have to do?

You have a very important role to play in the assessment of your pain. Your care team will ask you for **your personal opinion of your pain** using the table below to help you **describe** your pain.

SUPPORT TEAM ASSESSMENT SCHEDULE	
Pain Control = the effect of his/her pain on the patient	
THE PATIENT SHOULD ASSESS HIS/HER PAIN WHENEVER POSSIBLE	
Score	Meaning of Score
0	No pain.
1	Occasional or grumbling single pain. Patient is not bothered to be rid of symptom.
2	Moderate distress occasional bad days. Pain limits some activity possible within extent of disease.
3	Severe pain present often. Activities and concentration markedly affected by pain.
4	Severe and continuous, overwhelming pain. Unable to think of other matters.



## Your medication?

This can be a confusing time for you with lots of things happening which you may, or may not, understand. You may, for instance, have had several changes in the medicines you are given, which can be confusing. Ask your care team to explain them to you.



Remember your care team is there to give you the best possible care and advice at their disposal and if they are unable to answer your questions they will probably know the person who can. Overleaf you will find some typical questions you may wish to ask regarding your medicines and your care in general. Don't be afraid to ask others about any aspects of your illness.

