



## IN LINGUA INGLESE

### **SIENA UNIVERSITY HOSPITAL HOSPITAL WITHOUT PAIN**

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## **TOGETHER AGAINST THE PAIN**

Our hospital is actively involved in the fight against sufferings and unnecessary pain, in improving health care both for hospitalized people and outpatients and in spread the culture of an “no-pain disease”. Taking care of the ill people means considering not only the disease as a biological event but as an experience that also involves the aspects of pain and suffering. The control and treatment of pain are rights of citizens of any age, gender and ethnic group.

### **WHAT IS THE PAIN?**

*An unpleasant sensory and emotional experience associated with a real or potential tissue damage, or described as such (International Association for the study of pain).*

The pain is an experience known by all people because it has been surely felt by everyone, and sometimes more than once in a lifetime. Every time we try it, the pain has features that set it apart from previous painful episodes. Furthermore, the painful experience differs even more from person to person because each one holds within himself the “experience of his own pain”, with peculiar emotional characteristics. So it becomes difficult for the patient to communicate this experience and even more difficult for the health staff to interpret the phenomenon of pain. No one knows the pain as the person who is suffering it, therefore the interpretation of what the patient wants to communicate becomes a key issue for the diagnosis and planning of an adequate pain treatment.

### **WHAT TO KNOW ABOUT THE CONTROL OF POST-FRACTURE PAIN**

According to the location and type of fracture, pain can be treated with local, epidural, or plexus anesthesia and other physical methods.

### **WHAT TO KNOW ABOUT THE CONTROL OF POST-TRAUMA PAIN**

Post-traumatic pain can be caused by a contracture, stretching, distortion, inflammation related to a traumatic event for the organism (such as an accident) but that did not result in an real injury (such as broken bones, rupture of muscles).

### **WHAT TO KNOW ABOUT THE CONTROL OF POSTOPERATIVE PAIN**

Acute pain is intended to warn the body about the presence of dangerous, or potentially so, stimuli in the environment or in the organism itself.

What does postoperative pain depends on?

- the operated body part and on the severity of surgery
- On the subjective degree of pain perception

Today you can achieve pain relief after surgery with an appropriate treatment to allow the person to:

- Handle a better postoperative course and convalescence
- Breath normally, do breathing exercises and physiotherapy
- Get up and move more easily and early
- Accelerate healing and recovery

### **WHAT TO KNOW ABOUT THE CONTROL OF CHRONIC PAIN**

Chronic pain in degenerative diseases, neurological disorders, cancer takes on features of global pain, or rather of personal suffering related to physical, psychological and social explanations.

Chronic pain, unlike acute pain, is no longer just a symptom but a real syndrome and should be treated in a more timely and complete way, giving the patient the opportunity to choose to live his own pain and preferring it to any side effect of analgesic therapy. The treatment of chronic pain does not cure the disease but it helps to tolerate it.

**WHAT TO DO FOR KEEPING PAIN UNDER CONTROL**

Ask your doctor if there will be pain during the surgery, talk about the fear to the painkillers. It's important to know that there is no danger of getting used to the pain medications. It's recommended to report any existing allergies or discomfort caused previously by other drugs and report those ones you normally take for other health problems. Painkillers should be taken at the beginning of the pain or better before it starts, because when it becomes stronger it's more difficult to control. Even by yourself it's possible to do something to get the feeling of pain off the mind, through relaxation and distraction techniques, listening to the music, reading, conversation.

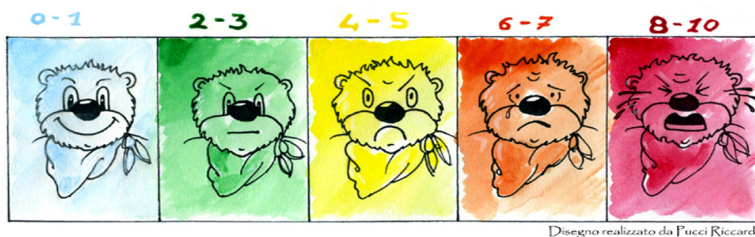
**WHO WILL TAKE CARE OF YOUR PAIN?**

Medical, nurses and obstetrician staff carry out a plan of evaluation and treatment of pain. Professionals help the patient to evaluate his pain, usually with a numeric rating scale.

**Adults numeric rating scale**

no pain	0	1	2	3	4	5	6	7	8	9	10	maximum pain
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**Children numeric rating scale**



**TO REMEMBER**

If you feel pain, tell immediately the nurse, the doctor or the obstetrician, don't be afraid of looking insistent. Doctors, nurses and obstetricians need to know how much pain you feel in order to adjust the therapy according to the intensity of pain felt.

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