Calderdale and Huddersfield
NHS Foundation Trust

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.





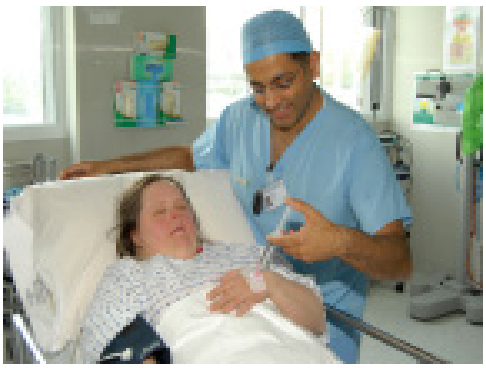
Sometimes when people are very sick they might have to come into hospital.

compassionate care

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.

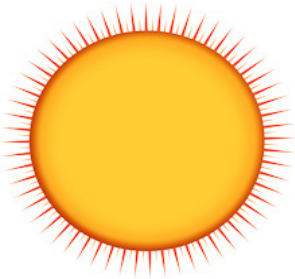


You might be in pain if you have had an operation in hospital.



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 ☐

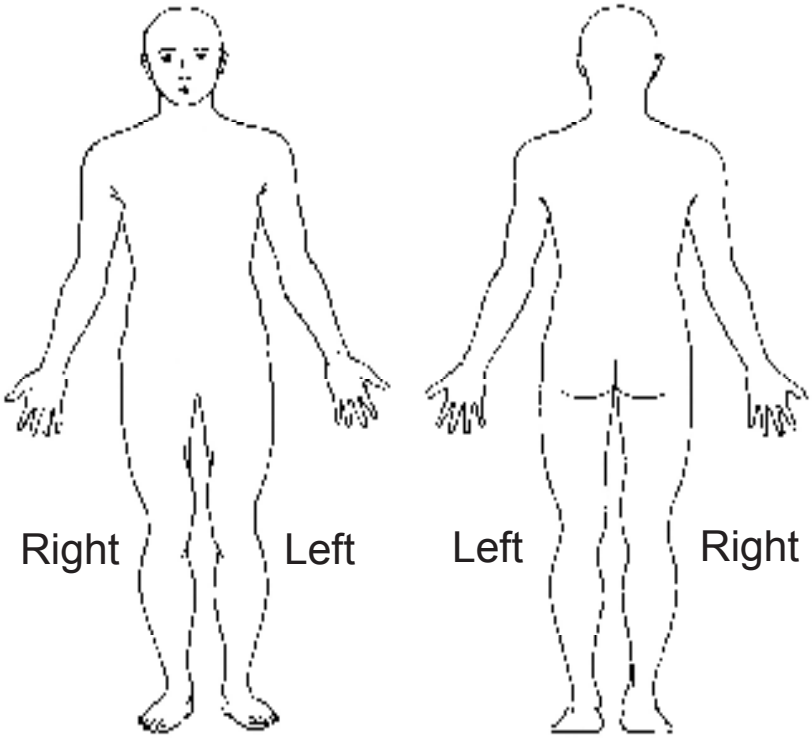


Back ☐



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



Calderdale and Huddersfield NHS Foundation Trust has a no smoking policy across all buildings, but smoking is permitted in the designated smoke shelters located within the grounds.

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

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

اگر آپ کو ہی معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
براہِ مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"