Pain

Indicating and relieving pain

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What is pain?

Pain is an unpleasant feeling.

- I feel fine.
- I'm in pain.

Pain can be mild or acute.
It is important to say:

- when I am in pain,
- when I'm scared.

People can help me feel less pain or less scared.
How do I say I am scared or in pain?

I can talk.

I can show where I'm in pain.

On my body

On a drawing
I can use my communication binder.

I can show if I have mild, average or very acute pain on a scale.
There are different scales:

A graduated scale,

![Graduated scale diagram](image)

The smiley scale,

![Smiley scale diagram](image)

A progressive scale.

![Progressive scale diagram](image)

I can go to the doctor with my scale.
I can also show how scared I am with:

A graduated scale,

the smiley scale,

a progressive scale.

I can go to the doctor with my scale
To feel less pain

The doctor can give me medication, for example:

- **Pills**: I swallow them with a little water.

- **Syrup**: I drink it.
A suppository.

I insert it in my anus.

I can do it alone.  I can ask someone to do it for me.

A patch.
It is kind of like a bandage, but with medication.
I keep it on for several days.
An IV drip.

The medication is in a liquid and goes directly into my blood.

For more information, see the document on IV DRIPS.
How to feel less pain during care

The pain is not as strong if I am not scared.

To help me:

- the doctor explains things to me using simple words,

- a person that I know can stay with me.
The pain is not as strong when I am relaxed.

- I sit down comfortably:

  On a chair,

  on a bed.
I breathe calmly:

I breathe in, my stomach inflates,

I breathe out, my stomach deflates.

At the hospital, I can have MEOPA.
I breathe into a mask during the treatment.
I feel calmer.

I can get hypnosis.

For more information, see the document on MEOPA.
The pain is not as strong when I think about something else.

For example, I can:

- talk to the person I'm with,
- listen to music,
- watch a movie.
- play,

- draw,

- look at a book.
How to avoid pain during care

I can get local anesthesia so that I don't feel any pain.

- With some anesthetic pomade: it needs to be applied two hours before the treatment.

- Or with an anesthetic patch: it needs to be put on two hours before the treatment.
With a shot to numb the pain.

The shot numbs my skin. The doctor can perform the treatment:
I no longer feel any pain.
I can be completely put to sleep:

- with general anesthesia.

For more information, see the booklet GENERAL ANESTHESIA.
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