



SERVIZIO SANITARIO REGIONALE  
EMILIA-ROMAGNA  
Azienda Ospedaliera di Reggio Emilia

Istituto in tecnologie avanzate e modelli assistenziali in oncologia  
Istituto di Ricovero e Cura a Carattere Scientifico

Arcispedale S. Maria Nuova

*Information for patients and relatives*

# Let's deal with your pain

Pain management at  
Arcispedale Santa Maria Nuova –  
Research Hospital, Reggio Emilia

Dear Patient, this leaflet gives you some useful information to cooperate on pain management; the pain you could feel as a consequence of your disease or of the treatment you are receiving.

This leaflet doesn't replace the dialogue with healthcare staff, Please use this leaflet as suggestion source to put questions and requests.

It's important that you play an active role in keeping pain under control. It's important that you do not feel pain.

As a matter of fact, the pain we feel:

- prevents us from enjoying our everyday life;
- disturbs our sleep;
- disturbs our appetite;
- it takes away our pleasure of staying with our friends, relatives and so on.

Sharp pain can provoke hospital admission, as perhaps it's your case.

## We would like you to talk with us

Tell us whether you are afraid of the pain you feel.

We know very well that people are sometimes afraid of talking about pain because "it means our disease is still present and we are experiencing it".

## Tell us whether you are afraid of pain therapies you are undergoing.

If you are treated with **morphine**, you could be afraid of becoming a "medicine addicted". Let's talk about it.

Or you could be afraid of being at the end of your life, as it's common belief that morphine could mean "I'm going to die", even if it's not true. Let's talk about it.

Neither morphine shortens your life nor it spoils your mental condition.

These fears are without reason.

## Tell us whether pain treatment you are undergoing, generates some disorders to you

A lot of patients undergoing pain treatment experience some of the

following disorders:

- constipation;
- nausea;
- dry mouth;
- hand tremors;
- hallucination.

They could be morphine side effects. *Let's talk about it.*

## They could be morphine side effects. Let's talk about it

Don't think you must endure pain, only because you suffer a disease. Don't think doctors won't treat your disease, if you talk about pain.

## We kindly ask you to give a value to the pain you are feeling

During your hospitalization, we will ask you to give a numerical 0-10 value, which expresses pain you are feeling. This numerical value means what clinical thermometer means to fever. 0 value means you don't feel pain at all; a value higher than 5 means you're feeling a sharp pain and our task is to stop it.

According to the numerical value you give, we will use medicaments which could be helpful to you.

Choosing medicaments will happen on a case-by-case basis. In case of strong pain, we will use "anti-inflammatory", and "**opiates**", such as **morphine**.

Ask always which medicaments the medical staff is using with you. Therapy is focused on you. Our aim is to collect all your doubts and give you all explanation and encouragement you need.

Medicaments will be given "at preset times", 8.00 a.m. and 8.00 p.m. (so called "regular therapy" or "around the clock therapy"). "On demand" medicaments will be available too. They are even more important than "basic therapy", because they will be given to you in case of need, if you feel pain, in spite of "around the clock therapy".

In case you are feeling pain, please call the nurse, don't hesitate. Don't wait until the pain stops. This is very important, as it's much

more difficult to cancel a long endured pain.

It's also very important that you tell us if there are manoeuvrings or day hours when you feel pain. This allows us to prevent pain, giving you an additional quantity of medicaments, in case you are going to take a walk or perform other physical activities.

**There is no sense in enduring pain.**

## Contact person

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Moreover we inform you that...

Inside Arcispedale Santa Maria Nuova – Healthcare Research Hospital - there is an Information Point for Patients and Relatives, connected to Medical Library; it is possible to ask for good quality and free information on health.

*How to reach us:* Day Hospital – Oncology Unit: on Monday and Thursday from 9 a.m. to 12 a.m. – tel. 0522 296497.

Medical Library: from Monday to Friday, from 9 a.m to 3 p.m.  
– tel. 0522 295992.

Person in charge: Elena Cervi (Biblioteca Medica ASMN) –  
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