



How to describe your pain? 疼痛該如何表達？(英文)

Do you often experienced unsatisfied treatment for your pain?

In fact, 90% of the pain can be effectively alleviated through correct description and evaluation.

You only need to...

- Bravely tell the doctor and nurse of the pain troubling you.
- Describe your pain scale correctly.
- Take painkiller on time according to the medical advice.
- Continue evaluating your pain after medication.

How would you describe your pain?

We suggest you to use the Pain Evaluation Scale to describe the degree of your pain.



0 point means no pain at all and 10 points means the most extreme pain you can imagine.

Try to ask yourself, what is the scale of pain for you now?

Moreover, you can tell the doctor and the nurses of the following information:

- The area of pain.

- When did you start feeling painful?
- How often do you feel pain?
- How long does the pain last each time?
- How would you describe the feeling of pain? For example, sore, numb and swollen.
- How has the pain affected your daily life? For example, difficulty with sleep.

How does your pain information help with the treatment?

After obtaining the information, your doctor can schedule an examination for your medical condition and quickly help you arrange the following treatment:

- Prescribing painkiller suitable for the degree of pain.
- Rehabilitation and exercise.
- Cold/hot compress or massage.
- Acupuncture.
- Others: Consult with other experts for joint suggestion.

若有任何疑問，請不吝與我們聯絡
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