



Royal College
of Nursing

Managing Long Term Pain

Pain is when part of your body is sore or hurts.



This leaflet is for people who are in pain for longer than a few months.

This is called **Long Term Pain**.



People can help you to feel less pain. This is called managing your pain.

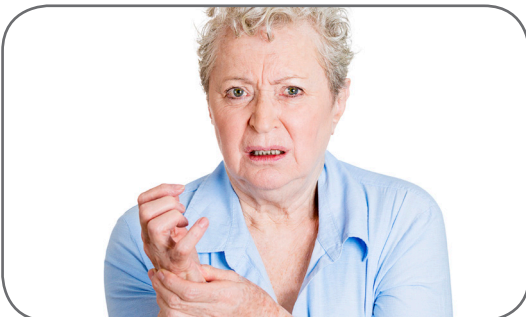
Long term pain can be caused by many things.

Some people have long term pain after they get hurt.



John had a fall and hurt his back. He was in pain for a few months before he got better.

Some people have a health problem that causes long term pain.



Gillian has a health problem called arthritis. Her hands hurt every day.

Pain can make you feel sad or worried



Talk to your doctor or nurse if you are in pain for a long time. They will help you.

There are lots of different ways to help you if you have long term pain. Here are some ideas:



Pain medicine



Keeping warm



Physiotherapy



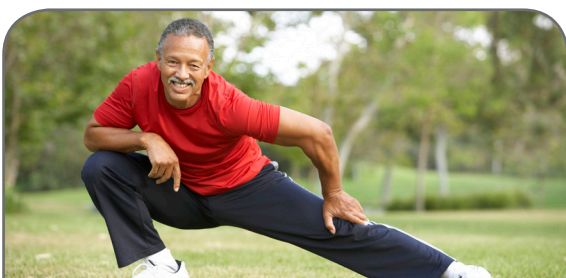
Relaxation



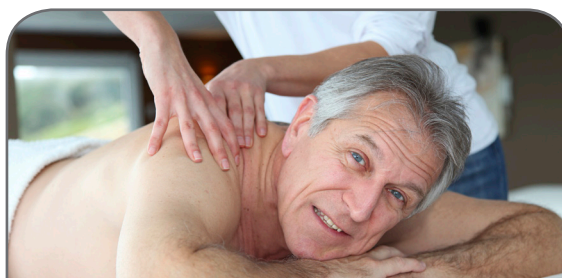
Joining in activities



Help to sit comfortably



Doing stretches



Having a massage

You have the right to have your pain assessed and managed.



You can talk to your doctor or nurse about your pain. They will make a plan to help you.

Some people take medicine for their pain every day.



You may need extra medicine when your pain is worse. This should be part of your plan.

You can tell people the best ways to help you with your pain.

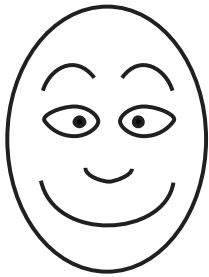


If things like keeping warm or doing stretches help, they should be part of your plan.

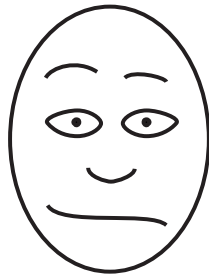
You can use the next pages of this leaflet to write your plan for managing your pain.



This pain scale may help you say how bad the pain is.



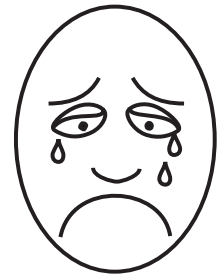
No
pain



Some
pain



Bad
pain



Very bad
pain



0

1

2

3

You may not be able to tell us that you are in pain.

Some people show they are in pain by how they behave.



They may
get upset



They may
go quiet



They may
be noisy

Your supporters need to know how to notice you are in pain.
There is space to write about this on the next three pages.

How people can notice that you are in **some pain**

Your supporters can write things like the noises you make, how you behave and how your face and body look.



When I am in some pain

How people should help with your pain

Your supporters can write things like medicine you take, and other things that can help you with your pain.



When I am in some pain

How people can notice that you are in **bad pain**

Your supporters can write things like the noises you make, how you behave and how your face and body look.



When I am in bad pain

How people should help with your pain

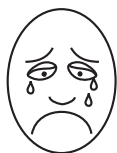
Your supporters can write things like medicine you take, and other things that can help you with your pain.



When I am in bad pain

How people can notice that you are in **very bad pain**

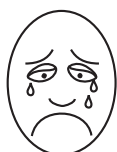
Your supporters can write things like the noises you make, how you behave and how your face and body look.



When I am in very bad pain

How people should help with your pain

Your supporters can write things like medicine you take, and other things that can help you with your pain.



When I am in very bad pain