

You can reach us at:

This information is also available at:  
[www.BristolHospice.com](http://www.BristolHospice.com)



## Pain Management

If these techniques below are unsuccessful, please call Bristol. **We want to help!**

The goal is to achieve your loved one's acceptable level of pain or less.

This means:

1. Verbal pain scale at or below your loved one's acceptable level of pain.
2. Loved ones who are not able to talk appear comfortable and calm. They can sleep and interact in their normal manner.

### How to identify if your loved one is in pain if they are not able to tell you of their pain:

- Facial grimacing or a frown or grinding of teeth or clenching teeth
- Writching or fidgeting or constant shifting in bed or kicking or rocking movements
- Moaning, groaning, whimpering, or calling out
- Restlessness, agitation, anxiety, or irritability
- Appearing uneasy and tense, perhaps drawing their legs up or kicking
- Guarding the area of pain or withdrawing from touch to that area
- Grasping or clutching blankets or seat cushions
- Rigid body
- Unusual breathing patterns
- Not responding to voice, becoming withdrawn and less social or low tolerance for engaging with others
- Flinching when touched

### How to help your loved one if they are experiencing pain:

#### 1. Non-medication related:

- a. Gentle massage
- b. Breathing techniques
  - i. Pursed lip breathing (breathing through lips pursed like whistling)
- c. Pet therapy (if there is a pet in the home) - Relaxation technique
- d. Warm or cool packs (making sure it is not too hot or too cold)



- e. Meditation - Relaxation technique
- f. Distraction techniques
  - i. Television
  - ii. Music
  - iii. Change of scenery
  - iv. Conversation
  - v. Snacks
- g. Repositioning
  - i. Changing positions in bed
  - ii. Changing from bed to chair or chair to bed
- h. Going outside
  - i. If your loved one is in a wheelchair consider pushing them outside for some fresh air.
  - ii. If they are ambulatory, they could walk out to a patio or to any place that you loved one and caregiver feel comfortable they can safely walk to.

**2. Medication related:**

- a. Pain medications as ordered by physician
- b. Pain medication side effects include, but not limited to:
  - i. Sleepiness
  - ii. Constipation
  - iii. Confusion
  - iv. Nausea
  - v. Slowed breathing
  - vi. Dizziness
- c. If your loved one experiences side effects, please contact Bristol so we can help

Comments: \_\_\_\_\_  
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