



Pain Management At Home

We recognize your right to live free of pain. Our nurses and doctors are experts on the latest medications and devices to relieve pain and other related symptoms, such as nausea, vomiting and anxiety. We work as a team – the patient, your family, your doctor and our experienced and compassionate clinicians – to find the best options for you.

The Goals of the Pain Management At Home Program Are To

- Relieve your physical pain
- Relieve related symptoms, such as nausea and anxiety
- Improve your quality of life

Ongoing Pain Management Care Includes

- Assessment and monitoring of your pain level
- Education and training for you and your caregiver about managing pain
- Delivery of appropriate medications and therapies to relieve your pain and other symptoms

Facts About Pain Management

Pain is associated with a wide range of injury and disease. Some conditions may have pain arising from a specific cause, such as postoperative pain or pain associated with a malignancy. Some medical conditions are characterized by associated pain, and sometimes pain is the disease itself.

While acute pain is a normal sensation triggered in the nervous system to alert you to possible injury and the need to take care of yourself, chronic pain is different. Chronic pain persists. Pain signals keep firing in the nervous system for weeks, months, even years. There may have been an initial mishap — sprained back, serious infection — or there may be an ongoing cause of pain — arthritis, cancer or infection.

Tips for Managing Pain

- Try to find ways to distract yourself from pain. Focus on something you like doing — an activity that keeps you busy and engaged in thinking about things besides your pain.
- Sort out your sleep routine. If you are sleeping well, it will be easier to manage your pain. Go to bed only when you're tired, avoid stimulating activities in the bedroom, avoid caffeine and excessive alcohol consumption and get up at the same time every day.
- Track your pain, what gives you relief, when the relief comes and how long it lasts. This tracking will help clinicians manage your pain more effectively.



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HEALTH SYSTEM

- Consider other health alternatives. Treatments such as acupuncture, yoga, and meditation may correct some pain, but these approaches are not for everyone and do not work for all pain sufferers.

For more information about pain management, visit the [American Academy of Pain Medicine](#) or the [American Pain Foundation](#).