

THE KANSAS LIFE PROJECT

(LIVING INITIATIVES FOR END-OF-LIFE CARE)

A Pain Care Bill of Rights for all Kansans

You have the right to...

Have your report of pain taken seriously and to be treated with dignity and respect by doctors, nurses, pharmacists and other health care professionals.

Have your pain thoroughly assessed and promptly treated.

Participate actively in decisions about how to manage your pain.

Have your pain reassessed regularly and your treatment adjusted if your pain has not been eased.

Be referred to a pain specialist if your pain persists.

Get clear and prompt answers to your questions, take time to make decisions, and refuse a particular type of treatment if you choose.

How do I talk with my doctor or nurse about pain?

- Speak up! Tell your doctor or nurse where you hurt. Is it in one place or several? Does it move around?
- Describe how much your pain hurts. On a scale from 0 to 10, zero means no pain at all and 10 means the worst pain you can imagine.
- Describe what makes your pain better or worse. Is it always there? Does it get worse when you move in certain ways?
- Describe what your pain feels like. Use words like sharp, stabbing, dull, aching, burning, shock-like, tingling, etc.
- Explain how the pain affects your daily life. Can you sleep? Work? Exercise?
- Tell your doctor or nurse about past treatments for pain. What worked and what didn't?

If you have fears or concerns, please visit our website and/or call our pain management hotline.

Some people fear addiction.

FACT: Studies show that patients being treated for pain very rarely become addicted to their pain medications. Sometimes a person's body will get used to the pain medicine and require a larger dose. This is common, and it is called tolerance. Talk to a doctor or pain specialist if this happens. The doctor can work with you.

For further information

Visit our Website at: www.LIFEproject.org or call us at 1.888.202.LIFE .

For specific help with pain management issues, call **The Pain Management Line: 1.913.588.3692.**