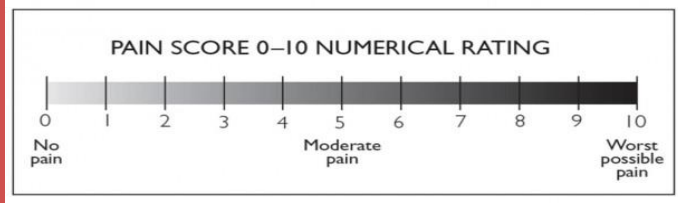




# How Do I Take Charge of My Pain?



My pain score today: \_\_\_\_\_

My target pain score : \_\_\_\_\_

## How Do I Take Charge of My Pain?

1. Understand the cause of your pain
2. Know your medication
3. Know your 'rescue medication' in the event breakthrough pain



## My Pain Control Plan

### My Baseline Pain Medication(s)

a. \_\_\_\_\_ (Medication name 1)

\_\_\_\_\_ (dose) \_\_\_\_\_ (timing)

b. \_\_\_\_\_ (Medication name 2)

\_\_\_\_\_ (dose) \_\_\_\_\_ (timing)

### My Breakthrough Pain Medication(s)

1<sup>st</sup> Line: \_\_\_\_\_ (Medication name)

\_\_\_\_\_ (dose) up to \_\_\_\_\_ hourly

2<sup>nd</sup> Line: \_\_\_\_\_ (Medication name)

\_\_\_\_\_ (dose) up to \_\_\_\_\_ hourly



Clinics 5A  
 TTSH Medical Centre, Level 5  
 Contact:  
 6357 7000 (Central Hotline)



Scan the QR Code with your smart phone to access the information online or visit <http://bit.ly/TTSHHealth-Library>

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Department of  
**Palliative Medicine**

# Managing Pain



## Introduction

- Every individual experiences pain in a different way.
- It can be caused by any one of the following:



Physical Injuries



Organ Diseases



Complications of Treatment

- Psychological issues can amplify the pain you experience.
- Pain experiences may also affect your daily routine and quality of life.

We aim to help reduce your pain level to a point where you can still enjoy a good quality of life!

## Types of Pain

### 1. Nociceptive Pain

- It is caused by damaged tissues either superficially (skin cuts and bruise) or internally (tissue damage in organs like liver, bones etc.).
- Pain is usually stabbing, dull, aching or pulling.

### 2. Neuropathic Pain

- It is caused by damaged nerves that send off abnormal signals to the brain to trigger the sensation of pain.
- Pain is described as sudden, burning or shooting. This may sometimes be accompanied by altered sensations e.g. numbness, tingling, intense pain on light touch.

At times, pain can be due to both nociceptive and neuropathic causes.



## What Is Breakthrough Pain?

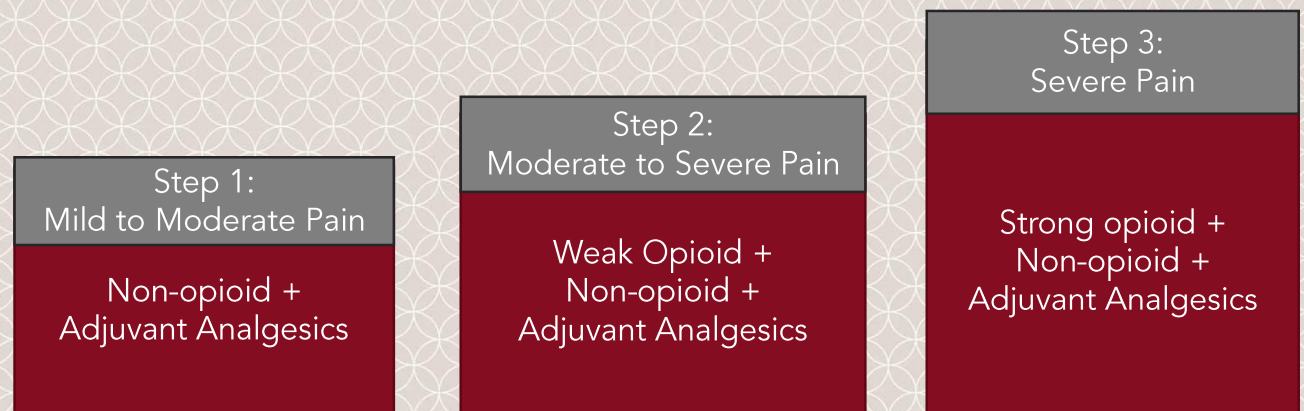
On top of the persistent pain that one is experiencing (baseline pain), there are sometimes spikes in your pain level known as **breakthrough pain**. Breakthrough pain can occur with movement or exertion.

Besides taking your regular pain medication, your doctor may prescribe 'rescue medication' to deal with the surge in pain levels. You are encouraged to take your rescue medication 15 to 30 minutes before you plan to do any physically strenuous activity.



## What Medications Can Be Used for Pain?

- Depending on the severity and type of pain that you experience, your doctor will prescribe appropriate painkillers to target your pain.
- Pain management is individualised based on what you report and how it has affected your daily activities.
- If your pain can be better managed with treatment like radiation therapy, nerve blockers or ablation therapies, your doctor may refer you to the relevant specialist for further consultation.



Adapted from Pain Relief Ladder, (WHO, 2011)

RELEVANT INTERVENTIONS e.g. radiation therapy, nerve blockers, ablation etc.