

有關你的疼痛

人們疼痛經常是因為做了手術或有毛病。疼痛是你的身體需要幫忙而向大腦發出信息的一個方法。如果你對疼痛不予理會，你將會花更長時間來恢復身體。告訴我們你的感受以及你的疼痛程度，以便我們能讓你感到舒服。你是唯一知道自己感受如何的人。

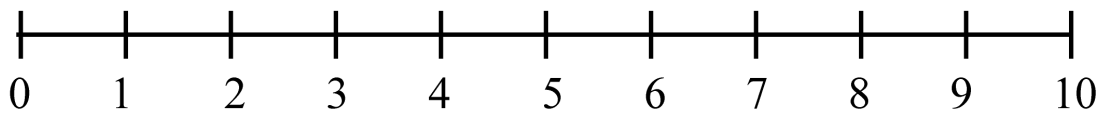
我們會要求你告訴我們你的疼痛情況。

- **你的疼痛部位？** 指出你身上的疼痛部位。
- **疼痛是不是散佈到你身體的其他部份？**
- **疼痛是何時開始的？**
- **疼痛程度如何？** 指出向我們顯示你疼痛程度的一個數字或一張臉。

無疼痛

中等疼痛

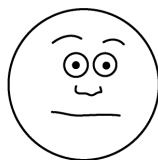
嚴重疼痛



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8



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- **What does it feel like?** Does it burn, tingle or ache? Is it dull or sharp? Is it constant or does it come and go?
- **Is it worse at any time of the day?** Morning? Evening?
- **What makes the pain feel better? What makes the pain feel worse?** What have you done to try to relieve the pain? Does the medicine make it feel better? Does it hurt more when you are active or lying still?
- **Does the pain affect other parts of your life?** Does it make it hard to sleep, eat, or care for yourself or others? Does it cause you to be upset, teary or less patient?

Talk to your doctor or nurse about your pain. Share your concerns and ask questions.

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- **感覺如何？**是灼痛、刺痛或是疼痛？是鈍痛還是劇烈疼痛？疼痛是持續性的還是時痛時好？
- **疼痛在一天中的任何時候惡化嗎？**早晨？傍晚？
- **什麼會減輕疼痛？什麼會使疼痛惡化？**你做了什麼試圖減輕疼痛？藥物能減輕疼痛嗎？疼痛何時會加劇，是你活躍時或是靜躺時？
- **疼痛影響你生活的其他部份嗎？**疼痛是不是使你很難睡覺、吃東西或照顧自己或他人？它是不是引起你心煩、哭泣或不耐心？

請將您的疼痛情況告知您的醫生或護士。也請告知你的關注事項並請提問。

About Your Pain. Traditional Chinese.

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