

The Silvercrest Center for Nursing and Rehabilitation

is a unique center of excellence, dedicated to Giving Quality to Life for all whom it serves, including:

- ◆ Older and younger adults who are chronically ill or traumatized and who make Silvercrest their home.
- ◆ People who need rehabilitation before returning to an independent life.
- ◆ Ventilator-dependent patients who require weaning from ventilation.
- ◆ People with Alzheimer's Disease and other dementias who need a nurturing and safe environment that promotes functioning.

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The
Silvercrest
Center
for nursing
and rehabilitation

Giving Quality to Life

About Managing Pain

For Residents & Patients



Member

 **New York-Presbyterian Healthcare System**

Affiliate: Weill Medical College of Cornell University

About Managing Pain

Why is pain management important?

Keeping your pain under control is as important to us, as it is to you. Because pain affects your well being in many ways, we want your support in helping to manage your pain. Keeping you as comfortable as possible means that you'll be able to better enjoy your food, sleep, activities, and visits with families and friends.

How can I help describe my pain?

Silvercrest staff will ask you about your pain regularly. Use the pain scale (*illustrated as faces below*), to describe your level of pain.

At what point should I tell a staff member about my pain?

DO NOT WAIT! It is easier to control pain when it is mild, which prevents it from becoming worse.

Do not wait for staff to ask you or until your pain is at the excruciating level before you request pain relief.

We want to help!

What will you do for my pain?

Our nurses want to give you pain medication as soon as possible after your request for pain relief. Occasionally a medication may not relieve your pain or it may cause side effects. Please tell your doctor, nurse practitioner or nurse if you are still in pain or experiencing any side effects. We also offer alternatives such as acupuncture, hot or cold packs, and aromatherapy.

What should I know about pain medication?

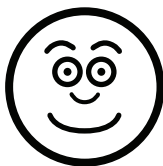
Even strong pain medications are rarely addictive if taken under the supervision of a nurse or doctor. Most side effects caused by pain medications can be relieved by special medications prescribed by your doctor or nurse.

Should I ever take pain medications before I feel pain?

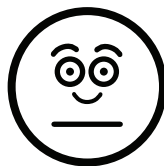
Taking your pain medications before you walk or exercise in rehabilitation therapy can make your therapy more tolerable. Ask your clinical care coordinator or physical therapist for more guidelines.



NO PAIN



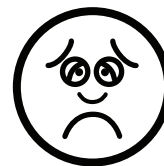
MILD



DISCOMFORTING



DISTRESSING



HORRIBLE



EXCRUCIATING