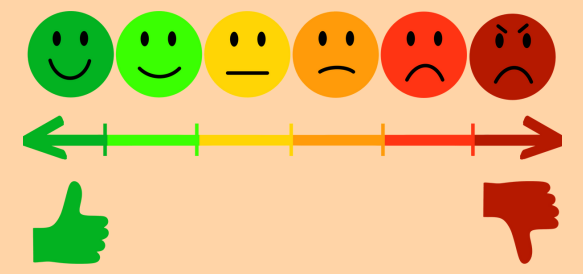


Pain Management Goals



Pain Rating Scale (0-10)

- Measures your pain
- Everyone feels pain differently
- Providers can keep track of your pain



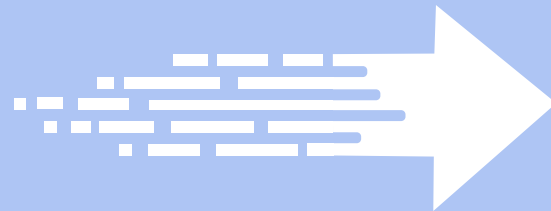
- 0 = no pain
- 1-3 = mild/noticeable pain
- 4-6 = moderate pain
- 7-9 = strong/intolerable pain
- 10 = worst pain

Pain Goals

- Main goal is **not 0/10 but to reduce 50% of pain, making it manageable**



Day 1: 6



Day 7: 3



Pharmacologic Treatments

- Non-steroidal anti-inflammatory drugs
- Acetaminophen
- Antidepressants
- Anticonvulsants
- Opioids

Non-Pharmacologic Treatments

- Exercise
- Therapy
- Massage/Acupuncture
- Yoga/Tai Chi

Sources:

- <https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=stp1310&>
- AAFP Chronic Pain Toolkit (Pain Management Section 3)

Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

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