



” Become active!

Distraction from pain

Reading, talking, listening to music or radio, watching TV, following your thoughts... experiment and see which works the best for you!

Regular ingestion of painkillers

Take your painkillers regularly, so you can avoid pain peaks. Don't be afraid of becoming addicted – ask us for further information!

United against pain!

Gemeinsames Kommunalunternehmen
Wertachkliniken Bobingen und Schwabmünchen



Wertachklinik Bobingen

Wertachstraße 55 • 86399 Bobingen
Tel. 0 82 34. 81 - 0 • Fax 0 82 34. 81 - 399

Wertachklinik Schwabmünchen

Weidenhartstraße 35 • 86830 Schwabmünchen
Tel. 0 82 32. 508 - 0 • Fax 0 82 32. 508 - 510



” ...because we take your pain seriously!

Acute pain

Personal assessment on the pain scale

Information for patients



www.wertachkliniken.de

Grafik: www.doppelpunkt-grafik.de | Fotos: Wertachkliniken, www.fotolia.de



PAIN THERAPY

Dear patient,

” Pain is subjective – everyone feels it differently!

Your pain assessment is important for us to initiate adequate pain therapy. Our medical team takes your pain seriously with the aim of keeping it as low as possible! Therefore we need your help!

- **Communicate your pain in time!**
- **Describe your pain exactly!**
- **Notify your responsible nurse at any time!**

Get well soon!
Your Wertachkliniken

PAIN ASSESSMENT

Where is the pain?

Locate it exactly ...

When are you in pain?

For example, during exercise, before or after eating ...

How does the pain feel?

For example tingling, burning, stinging ...

How strong is the pain?

On a pain scale ranging from 0-10 ...

” We help you with pleasure!

PAIN SCALE



How strong is your pain on a scale ranging from 0-10?

10	Most imaginable pain
9	Strong pain Prevents daily activities, the pain cannot be controlled anymore
8	
7	
6	Medium pain Pain cannot be ignored, impairment in daily activities
5	
4	
3	Light pain Can be covered up by distraction
2	
1	
0	

