

有关您的疼痛

人们疼痛经常是因为做了手术或有毛病。疼痛是您的身体需要帮忙而向大脑发出信息的一个方法。如果您对疼痛不予理会，您将会花更长时间来恢复身体。告诉我们您的感受以及您的疼痛程度，以便我们能让您感到舒服。您是唯一知道自己感受如何的人。

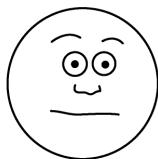
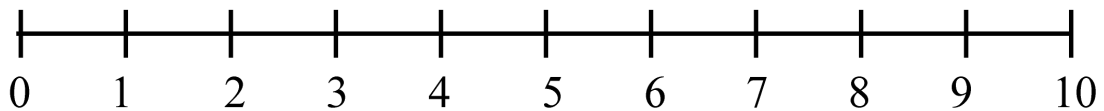
我们会要求您告诉我们您的疼痛情况。

- **您的疼痛部位？** 指出您身上的疼痛部位。
- **疼痛是不是散布到您身体的其它部份？**
- **疼痛是何时开始的？**
- **疼痛程度如何？** 指出向我们显示您疼痛程度的一个数字或一张脸。

无疼痛

中等疼痛

严重疼痛



0

2

4

6

8

10

- **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.

- **感觉如何？** 是灼痛、刺痛或是疼痛？是钝痛还是剧烈疼痛？疼痛是持续性的还是时痛时好？
- **疼痛在一天中的任何时候恶化吗？** 早晨？傍晚？
- **什么会减轻疼痛？什么会使疼痛恶化？** 您做了什么来试图减轻疼痛？药物能减轻疼痛吗？疼痛何时会加剧，是您活跃时或是静躺时？
- **疼痛影响您生活的其它方面吗？** 疼痛是不是使您很难睡觉、吃东西或照顾自己或他人？它是不是引起您心烦、哭泣或不耐烦？

请将您的疼痛情况告知您的医生或护士。也请告知您的关注事宜并请提问。

About Your Pain. Simplified Chinese.

10/2005. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.com