

If you require home care services ask your doctor to refer you to the Access Centre or you can refer yourself by calling your local Access Centre.:

in Peterborough at 1-800-790-0867

in Haliburton at 1-800-368-8027

in Northumberland at 1-800-347-0299

in Victoria at 1-800-347-0285

Further information about pain and symptom management or hospice palliative care can also be found through your local hospice.

NORTHUMBERLAND COUNTY

Hospice Northumberland Lakeshore - (905) 373-8875
www.hospicenorthumberland.ca

Palliative Care Campbellford (705) 653-5208

HALIBURTON COUNTY

SIRCH Community Services & Counselling (705) 457-1742
www.sirch.on.ca

CITY OF KAWARTHA LAKES

Hospice Kawartha Lakes (705) 324-2811
www.hospicekawarthalakes.ca

PETERBOROUGH COUNTY

Hospice Peterborough (705) 742-4042
www.hospicepeterborough.org

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For Peterborough, Haliburton, and Northumberland Counties
and the City of the Kawartha Lakes

and
Hospice Peterborough
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Palliative Pain and Symptom Management

This brochure will provide you with options about pain and symptom control, coping strategies, how to develop a pain diary and how to access resources to help you make the best choice for you and your loved ones.

HOSPICE PETERBOROUGH



*"For all the happiness mankind can gain
Is not in pleasure, but in rest from pain."
John Dryden, 1631-1700*

About Pain and Symptom Management

When you, or someone you know, is living with a life threatening illness and has pain or other symptoms, it affects your quality of life.

It can be a scary and anxious time for you and your loved ones. Fear and worry may worsen if the pain and symptoms are not quickly controlled.

You have a right to good pain and symptom control. There are people who can work with you to relieve your symptoms.

Pain and symptom control can be achieved with the help of Pain Specialists and the health care team.

This team may include:

- Doctors
- Social Workers
- Spiritual Advisors
- Nutritionists
- Palliative Pain and Symptom Consultants (Ontario wide)
- Nurses
- Therapists
- Pharmacists
- Hospice

Pain and Symptom Management requires a TEAM approach. You cannot do it alone.

Pain Management

Pain is an unpleasant feeling. It can range from mild to severe. Pain is unique for each person. Pain can be physical, emotional or spiritual. One type of pain will affect another. We need to look at the "total person - body, mind and spirit" when dealing with pain control.

Names and Phone Numbers You May Need

Name	Phone
Family Dr. _____	_____
Palliative Dr. _____	_____
After Hours _____	_____
Access Centre _____ (Case manager)	_____
Visiting Nurse _____	_____
Hospice _____	_____
Clergy _____	_____
Pharmacist _____	_____



Coping Strategies

1. Do not wait until the pain or symptoms are out of control.
2. Contact your doctor if pain or symptoms are keeping you from eating, sleeping or enjoying your life.
3. Share your concerns with someone else and together you can find a solution that works best for you.
4. Keep a *pain and symptom diary* and report any major changes to your health care team.
5. Consider complementary therapies (such as Massage, Therapeutic Touch, Reiki etc.).

When Developing a Pain Diary-include:

1. Date of onset - what were you doing when you first noticed the pain?
2. Location(s) - area(s) of your body where the pain is felt
3. Length of time pain lasted.
4. How intense was the pain? You can rate the pain by using a scale of 0-10 (0 is little or no pain and 10 is worst imaginable pain).
5. Use words to describe the pain such as sharp, dull, aching, burning, etc.
6. Did the pain move to another area, and if so where?
7. What made the pain better or worse?

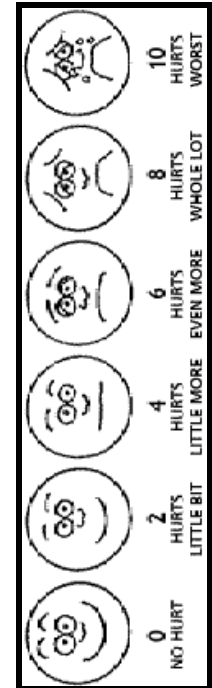
Bringing a *pain and symptom diary* to your medical visits will make it easier for the team to meet your needs

Sample PAIN DIARY

Patient's Name _____

Date & Time pain was noticed	Use facial scale below to record intensity	Where is the pain?	Observation (Use words to describe pain ie .distressing, horrible, sharp, excruciating, burning, aching throbbing etc.)	How long did it last?	What makes the pain worse?	What did I do to relieve it?	Did it help?

WONG-BAKER FACIAL GRIMACE SCALE



How to Access the Resources

The first step for relief of your symptoms is to contact your family doctor, go to a medical clinic or to the hospital to be assessed. There are medications and other treatments that can be given to control symptoms and improve your quality of life.

If you would like information about pain and symptom control, please contact the Palliative Pain and Symptom Management Consultant at Hospice Peterborough. The Consultant's role involves:

Consultation
Collaboration
Networking
Resource Information
Education for Health Care Professionals

To contact the
Palliative Pain and Symptom Management Consultation Service:
Ph. (705) 742-4042 or 1-800-790-0867 (705 & 905 area codes)
Fax (705) 742-0064

In addition, you can obtain information about the **Cancer Symptom Management Clinic** - a Medical Outpatient program of Peterborough Regional Health Centre - by calling the Palliative Care Nurse Consultant at (705) 743-2121 ext. 2406 or the Palliative Care Unit at (705) 740-8050.

It is important to ask for help when you are in pain.

Your pain and other symptoms will change over time. A "one time assessment" of your pain is not enough. The initial visit will help the doctor and the health care team design a treatment program to meet your needs. Follow-up visits are important to check how well the treatment is working. It is important to call between visits if your treatment plan is not working.

Pain must be checked often and therapy adjusted on an ongoing basis to ensure relief.

Symptom Management

Distressing symptoms can confine you to your home where you may feel alone and unable to enjoy life.

You need support and relief from these symptoms.

Common symptoms include: nausea, vomiting, fatigue, confusion, constipation and feelings of helplessness. There are treatment options and a health care team who can help you & your family deal with these symptoms.

Do not waste precious time waiting for your symptoms to resolve on their own.

Your symptoms may need medical attention. If you wait, your symptoms may become worse. This can affect all aspects of your life.