

# 有关您的疼痛

## About Your Pain

Pain is the body's way of sending a message to your brain that help is needed. Tell your doctor or nurse about your pain, so they can help you feel better.

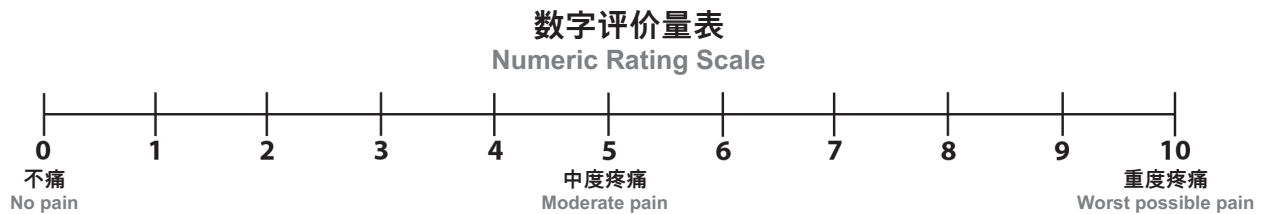
疼痛是身体向大脑传递需要帮助信息的一种方式。请将您的疼痛情况告诉医生或护士，他们可以帮助您减轻痛苦。

### You may be asked to describe your pain:

- Where is your pain? Point to the place on your body where it hurts.
- Does the pain spread to other parts of your body?
- When did the pain start?
- How much does it hurt? Point to a number or face that shows us how much pain you are having.

### 他们可能向您询问以下问题：

- 您的疼痛部位是？指出您身上的疼痛部位。
- 疼痛会扩散到身体的其他部位吗？
- 疼痛是何时开始的？
- 疼痛程度如何？指出一个显示疼痛程度数字或脸谱来告诉我们您有多疼。



© 1983 Wong-Baker FACES Foundation. [www.WongBakerFACES.org](http://www.WongBakerFACES.org)  
Used with permission.

- 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, cry or to be irritable?
- 这是什么感觉？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？
  - 一天中的某个时候疼痛会加剧吗？早晨？傍晚？
  - 什么会减轻疼痛？
  - 什么会使疼痛加重？
  - 您有做什么来试图缓解疼痛吗？
  - 药物能减轻疼痛吗？
  - 活动或静卧时会更疼吗？
  - 疼痛有影响您生活的其它方面吗？
  - 是否会让人寝食难安，难以自理或照顾他人？
  - 它是否会让您心烦意乱、哭泣或烦躁不安？

请将您的疼痛情况告知医生或护士。也请告知您的关注事宜和疑虑。

Talk to your doctor or nurse about your pain.  
Share your concerns and ask questions.