

SIMPLE DEFINITIONS OF PAIN

Medical definition

Pain: an unpleasant sensory and emotional experience associated with actual or potential tissue damage. The emotional reaction to the perceived sensation.

Nursing Definition

Pain: whatever the experiencing person says it is, existing whenever he or she says it does, including both verbal and nonverbal behavior. (from Meinhart and McCaffery: Pain: A Nursing Approach to Assessment and Analysis.)

Ways to Treat Pain

- Medications
- Relaxation
- Guided imagery / Meditation
- Music
- Bodywork
- Acupuncture / Acupressure
- Water (bathing, compresses, soaks)
- Heat or cold (depending on condition and medical orders)
- Distraction