




<h2>General Health Guidelines:</h2>	<ul style="list-style-type: none"> • Take medications as prescribed • Get narcotics from only one provider and fill your prescription from only one pharmacy • Check with your pharmacist or medical provider before drinking alcohol while taking medications • Do not skip or double up on your medicines • Do not restart taking your medicines after you stop without checking with your doctor or pharmacist • Tell your doctor about ALL medicines you are taking including over-the-counter vitamins and supplements
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<h2>Green Flags – All Clear </h2>	<h2>What this means...</h2>
<p>If you have:</p> <ul style="list-style-type: none"> • No pain • Pain does not limit what you are able to do • If you are taking medicine, particularly a strong pain reliever like a narcotic, your bowel patterns are regular (e.g., everyday or every other day) 	<ul style="list-style-type: none"> • Your symptoms/pain is under control or in a range that does not limit your daily activities • Your pain level could be considered controlled or “mild discomfort” • Continue to take your medicine as ordered by your doctor
<p>Keep up the great work!</p>	

<h2>Yellow Flags – Caution </h2>	<h2>What this means...</h2>
<p>If you have <u>any</u> of the following:</p> <ul style="list-style-type: none"> • Pain that limits what you are able to do or • Pain that interferes with what you want or need to do, including your basic care needs or makes it difficult to concentrate • Pain that causes low mood or less interest in social activities • No regular bowel movement for 3 or more days • Shallow breathing or trouble staying awake 	<ul style="list-style-type: none"> • You may need your medicine adjusted • Talk with your medical provider about elimination problems • Your pain level is considered moderately controlled or ‘moderate discomfort’ <div style="background-color: #cccccc; padding: 5px; margin-top: 10px;"> <p>Call your doctor, consulting nurse, or healthcare provider if symptoms do not improve.</p> <p>Name: _____</p> <p>Number: _____</p> <p>Instructions: _____</p> </div>
<p>If you notice a Yellow Flag, work closely with your health care team.</p>	

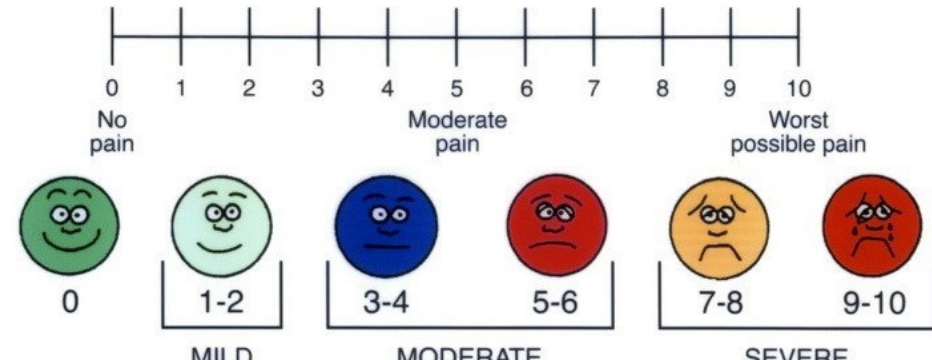
<h2>Red Flags-Stop and Think </h2>	<h2>What this means...</h2>
<p>If you have:</p> <ul style="list-style-type: none"> • Pain that is severe • You cannot take care of your basic needs • The pain does not respond to medicine • Pain is constant without relief • Increased shallow breathing and trouble staying awake • No bowel movements 	<ul style="list-style-type: none"> • Your pain level could be considered uncontrolled or “severe discomfort” • You may be having severe side effects to the pain relieving medicine • You need to be evaluated by a health care professional immediately <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Name: _____</p> <p>Number: _____</p> <p>Follow these instructions: CALL 9-1-1</p> </div>
<p>If you notice a Red Flag, CALL 9-1-1. Emergency!</p>	

Pain Fast Facts

- Everyone experiences pain differently. What is mild for one person is severe for another.
- **Chronic pain** is defined as unpleasant sensory-emotional experience associated with actual or perceived tissue damage that **lasts three months or longer AND causes a functional impairment**.
- It is important to have a comprehensive (complete) pain assessment if you experience chronic pain.
- There are several types of pain, including pain at the site of an injury, muscle pain, pain caused by damage to nerves, and others.
- It is important to know that a pain-free state may not be possible; however, pain management treatments may help make the pain easier to manage.
- With your help, your doctor will decide what medicines you should take for what type of pain. This includes what to take for mild or “controlled” discomfort, “moderate” discomfort or severe “uncontrolled” discomfort.

UNIVERSAL PAIN ASSESSMENT TOOL

This pain assessment tool is intended to help patient care providers assess pain according to individual patient needs. Explain and use 0-10 Scale for patient self-assessment. Use the faces or behavioral observations to interpret expressed pain when patient cannot communicate his/her pain intensity.



0 (No pain) | 1-2 (Mild) | 3-4 (Moderate) | 5-6 (Moderate) | 7-8 (Severe) | 9-10 (Severe)

WONG-BAKER FACIAL GRIMACE SCALE						
	0	1-2	3-4	5-6	7-8	9-10
		MILD	MODERATE		SEVERE	
ACTIVITY TOLERANCE SCALE	NO PAIN	CAN BE IGNORED	INTERFERES WITH TASKS	INTERFERES WITH CONCENTRATION	INTERFERES WITH BASIC NEEDS	BEDREST REQUIRED

Southeast Washington Aging and Long Term Care

At Aging and Long Term Care, we believe every adult deserves to live with dignity. We connect seniors, adults with disabilities and family caregivers to a full range of free and other community resources designed to offer you choice, improve your quality of life and respect your independence.

For more information, call Information and Assistance

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Kittitas County: 509-925-8765 – ADR CKittitas@dshs.wa.gov

Benton/ Franklin County: 509-735-0315 – ADR CBenton-Franklin@dshs.wa.gov

Walla Walla County: 509-529-6470 – ADR CWallaWalla@dshs.wa.gov

Columbia County: 509-382-4787 -- ADR CColumbia@dshs.wa.gov

Garfield County: 509-843-3563 – ADR CGarfield@dshs.wa.gov

Asotin County: 509-758-2355 – ADR CAsotin@dshs.wa.gov