

# 有關您的疼痛

## 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.

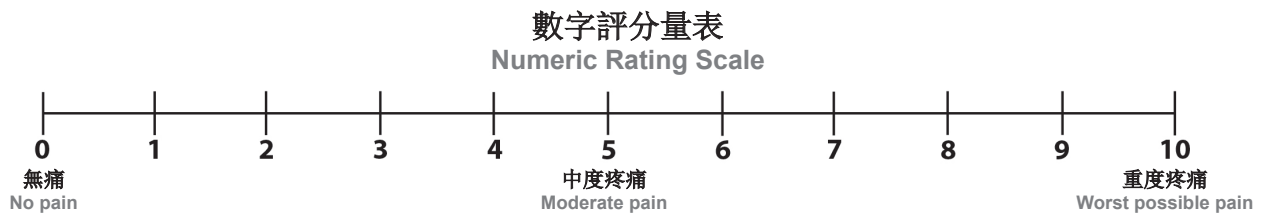
疼痛是您的身體需要幫忙而向大腦發出訊號的一個方法。請將疼痛情況告知醫生或護士，他們可以幫助您減輕痛苦。

### 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.

### 他們可能向您詢問以下問題：

- 您的疼痛部位？指出您身上的疼痛部位。
- 疼痛是不是散佈到您身體的其他部份？
- 疼痛是何時開始的？
- 疼痛程度如何？指出向我們顯示您疼痛程度的一個數字或一張臉。



### Wong-Baker 臉譜疼痛評估制 Wong-Baker FACES® Pain Rating Scale



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- 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?
- 感覺如何？是灼痛、刺痛或是疼痛？是鈍痛還是劇烈疼痛？疼痛是持續性的還是時痛時好？
  - 疼痛在一天中的任何時候惡化嗎？早晨？傍晚？
  - 什麼會減輕疼痛？
  - 什麼會使疼痛惡化？
  - 您做了什麼試圖減輕疼痛？
  - 藥物能減輕疼痛嗎？
  - 疼痛何時會加劇，是您活躍時或是靜躺時？
  - 疼痛影響您生活的其他部份嗎？
  - 疼痛是不是使您很難睡覺、吃東西或照顧自己或他人？
  - 是否會使您心煩意亂、哭泣或煩躁不安？

請將您的疼痛情況告知您的醫生或護士。也請告知您的關注事項並發問。

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