



# Treat pain

Information for Patients



# Dear patients!

This brochure provides you with information about dealing with pain.

**Treating your pain is an important part of your recovery. We want to make your stay in the hospital as painless as possible. We need your help with this.**

Good treatment is only possible if you inform us about your pain as soon as possible. Our experience tells us: Patients often wait too long to communicate their pain.

Please contact the treatment team if the pain returns or worsens.

Please also tell us what has already helped you at home.

Your relatives provide important support. They can help relieve the pain.

We are there for you and will accompany you during your stay in the hospital.

## Your treatment team

# This is what you should know about pain

Everyone perceives pain differently. Pain is a signal from the body. It protects against damage and permanent disability.

## How can we understand pain?

When you are admitted to the hospital and throughout the day, the nursing staff will regularly ask you if you are in pain.

We will ask these questions:

- **When and in what situations does the pain occur?**
- **Where and in which parts of the body does the pain occur?**
- **How severe is the pain?**
- **How long does the pain last?**
- **What does the pain feel like?**

We try to make the severity of the pain visible to the treatment team. For example, we use a scale from 0 to 10.

Your treatment team will explain to you how to use the scale.



# Pain-relieving measures

## Measures without medication

These include, amongst others:

- **Heat application, for example warm compresses**
- **Cold application, for example ice packs**
- **Music**
- **Positioning, for example lying on your side**
- **Conversations**
- **Diversions**
- **Essential oils**
- **Embrocations**

Such treatments are an important complement to medications to relieve pain. They can also be used as standalone treatments.

These treatments can be effective in treating acute, i.e. recent, pain. They can also help with chronic, long-standing pain.

## Measures with medication

These include, amongst others:

- **Oral medications**
- **Medications that work through the skin. For example, pain patches.**
- **Infusions through which painkillers enter the bloodstream immediately.**

Pain treatment with medication is decided by a doctor and carried out by nursing staff.



Foto: iStock/isayildiz

## Effect of pain-relieving measures

Each painkiller has a specific duration of action. It is therefore important: With regular pain treatment, the painkiller should always be taken regularly at the same time of day.

**Important to know: All pain-relieving measures should take effect within an hour at the latest. The pain does not go away? Then tell us, and quickly. We can then adapt the pain-relieving measures individually to your needs at any time.**

## Possible side effects

Painkillers can have unwanted effects. For example dizziness or nausea.

Side effects can also occur with other treatments.

Before any measure is taken, we discuss with you what undesirable effects may occur. It may be that a specific application does not make sense for you. Then we advise against it.

**If you have any questions, please contact your treatment team. We are happy to help you.**

# Point of contact

## Pain Ward at the University Hospital AKH Wien

[Web: www.akhwien.at >>>](http://www.akhwien.at)

Telephone appointment required,  
reachable from Monday to Friday, 13:00–15:00 at:  
+43 1 40400-41660

### MULTI-MODAL TREATMENT CONCEPTS:

Various pain treatments are combined here.  
Care is provided on an outpatient basis.  
The health insurance company covers the costs.

### ÖGK Gesundheitszentrum für Physikalische Medizin Neubau

[Web: www.gesundheitskasse.at >>>](http://www.gesundheitskasse.at)

Telephone: +43 5 0766-111 5070

### Therme Wien Med Oberlaa

[Web: www.thermewienmed.at](http://www.thermewienmed.at)

Telephone: +43 1 68009-9400

## Verein für Ambulante Psychotherapie

The association provides psychotherapy in Vienna  
and Lower Austria with a medical certificate.  
The health insurance company covers the costs.

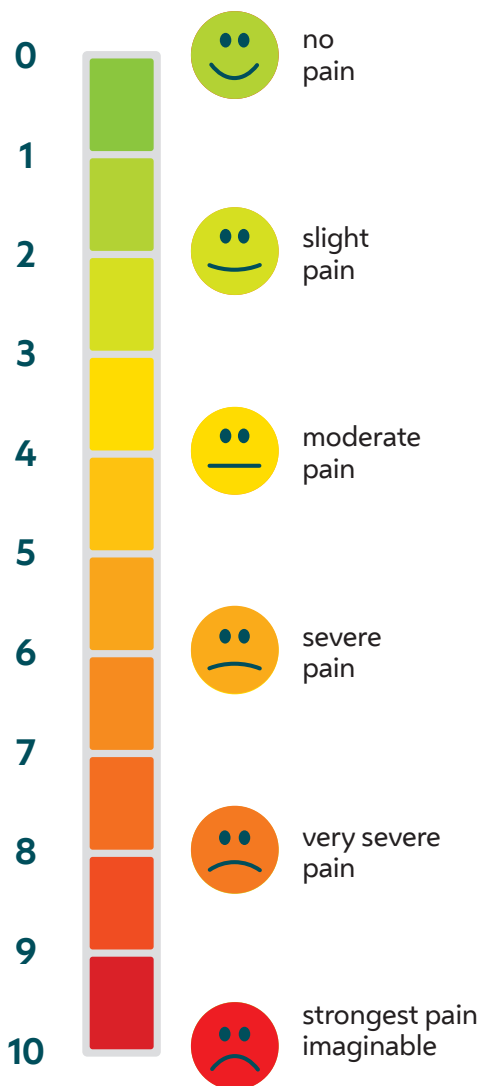
[Web: www.vap.or.at](http://www.vap.or.at)

Telephone: +43 1 402 56 96

## Self-help group for pain

[Web: www.schmerz-allianz.at](http://www.schmerz-allianz.at)

# How severe is the pain now?



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