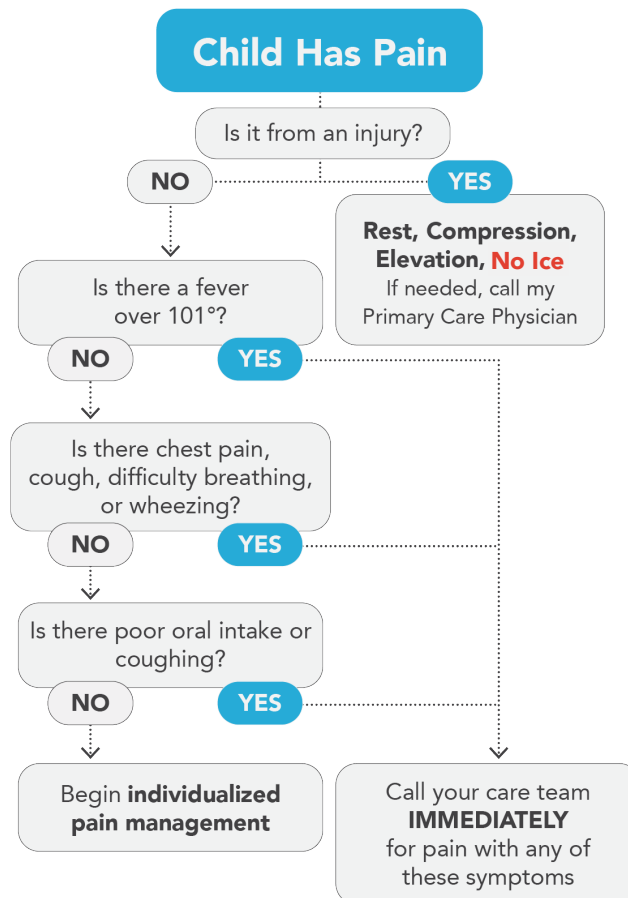


Managing Pain

What do you do when someone experiences pain?

Keep calm. Use the chart below to evaluate the pain and decide the best method of treatment.



Steps for pain management:

1. Keep them calm. Begin rest, give fluids, apply warmth, and use relaxation techniques/strategies.
2. Give appropriate medication/assess the severity of pain.
3. Remember to reassess how bad the pain is every 1-2 hours. If no improvement in 1 hour, call the clinic.
4. Most medications only last 4-6 hours so you may need to give them again.