



"Lighting the way with better patient care."

**Anova**  
HEALTH CARE SYSTEM

Home Health · Hospice · Palliative · Home Care

## HOSPICE PATIENT AND FAMILY EDUCATION AND TRAINING

### TIPS FOR RECOGNIZING PAIN

**Always ask about pain. BELIEVE THE PATIENT! Remember pain is whatever the person says it is, occurring whenever and wherever the person says it does.**

People have different coping patterns and may not always appear as though they are in pain. They may deny "pain," but use vague general terms such as 'soreness,' 'hurting all over,' or 'aching.' Patients may display any of the following either at rest or while being moved:

- Facial expressions such as grimacing, frowning, looking sad, and wrinkling the brow, especially those who are less alert
- Restlessness, fidgeting, moving slowly, pacing, rocking back and forth
- Moaning, groaning, or crying out
- Rubbing or protecting the place that hurts

**Patients may also exhibit:**

- Difficulty concentrating
- Changes in eating patterns
- Changes in usual behaviours (for example, a very vocal patient becomes quiet or a very quiet patient becomes very vocal)
- Changes in activity level or resisting activity or movement
- Withdrawal from family and friends
- Sleeping most of the time or having difficulty sleeping
- Using behaviours such as humor, conversation, watching TV, listening to music, and guided imagery to deal with the pain

**Report any of the above behaviours to your hospice and palliative care team. Also, report if the patient is not able to do the things, or enjoy the activities they normally do, because they are experiencing pain, discomfort, or soreness.**

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