

## International Pharmacy Bridging Program Describing Pain

### **Opener:**

Describe a time you experienced pain. Can you recall the character, intensity, onset, duration, annoying and alleviating factors? What did the pain feel like?

### **Vocabulary**

**ACHE (noun)** – *continuous pain; usually used in combination with a body part (compound noun)*

**ACHE (verb)** - *to feel a continuous pain*

**HURT (verb)** - *to feel pain/to cause pain in a part of your body*

**PAINFUL (adjective)** – *something that causes pain (can be both physical and emotional)*

**SORE (adjective)** – *painful/ in pain.*

**SORE (noun)** - *a painful, often red place wound, ulcer or infection*

Choose the best word **PAIN, PAINFUL, ACHE, HURT or SORE** and fill in the blanks. There may be more than one answer.

1. My back \_\_\_\_\_ all week. One symptom of herpes are cold \_\_\_\_\_.
2. Cancer patients often suffer from chronic \_\_\_\_\_.
3. After slouching and studying all night, his body \_\_\_\_\_ all over.
4. I \_\_\_\_\_ my elbow on the table.
5. I have a \_\_\_\_\_ throat.
6. My hands \_\_\_\_\_ after using the computer.
7. She was badly \_\_\_\_\_ in the accident.
8. Running aggravates my \_\_\_\_\_ knee.
9. Ouch. My bruise is very \_\_\_\_\_. Please don't touch it.
10. You can use the morphine if you find the \_\_\_\_\_ wearing off.
11. The patient had \_\_\_\_\_, swollen hip joints.
12. I can't walk. My foot \_\_\_\_\_
13. My knees \_\_\_\_\_ when I try to run.
14. Even though I've taken analgesics, my head still \_\_\_\_\_ me.

**Common adjectives to describe pain:**(Source: [http://www.tylenol.ca/english/healthcare/pdfs/TylenolPatientChecklist\\_en.pdf](http://www.tylenol.ca/english/healthcare/pdfs/TylenolPatientChecklist_en.pdf))

|              |              |           |           |
|--------------|--------------|-----------|-----------|
| aching       | deep         | pounding  | stabbing  |
| acute        | nagging      | radiating | stinging  |
| agonizing    | dull         | recurring | tender    |
| burning      | excruciating | searing   | throbbing |
| chronic      | gnawing      | sharp     |           |
| cramping     | gripping     | shooting  |           |
| debilitating | piercing     | splitting |           |

**Speaking: Open and Close Ended Questions**

| Open  | Closed   |
|---|--|
| Gather info in uppermost of patient's mind  | When you want a yes/no or number response  |
| To begin a line of questioning  | Gathering specific focused information   |
| Determine level of understanding  | You need info quickly  |
| Promote trust   |  |
| <input type="checkbox"/> Describe...<br><input type="checkbox"/> Explain....<br><input type="checkbox"/> Tell me about....<br><input type="checkbox"/> How....<br><input type="checkbox"/> What.... | <input type="checkbox"/> Do you....<br><input type="checkbox"/> Have you....<br><input type="checkbox"/> Will you...<br><input type="checkbox"/> How many times....<br><input type="checkbox"/> Where....<br>Taken from Patient Self-Care, Page 45 |

Speaking: Create a list of questions (open and close ended questions) that would better help you treat a patient with Dysmenorrhoea? (Chapter in Patient Self Care)

1. What would you tell a patient who is 16 years old with no allergies or medical conditions what to take for cramping pain in her lower abdomen when her period starts?
2. What would you suggest to someone who complains that the ibuprofen does not seem to be strong enough?
3. What would you recommend to someone who wants to try Alesse for her cramps?

