

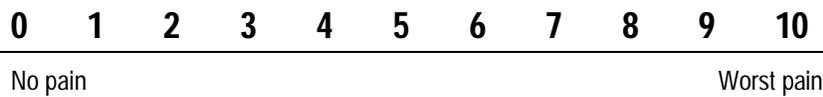
Pain

Side Effects – Symptoms & Solutions

There are many safe and very effective methods for treating pain, ranging from relaxation techniques to strong drugs. We will work with you and your family to develop a plan of pain management that is specific to your needs.

Your pain may not be relieved entirely, but we can work with you to reduce your pain to a level that is tolerable and may allow you to return to your normal activities of daily living.

The first step to effective pain control is telling your health care team about your pain. Make sure to let them know all of the places where you feel pain, and to describe exactly how it feels. We use a pain intensity scale to help you describe the severity of your pain.



Let the health care team know what makes your pain start, feel worse, and feel better.

Exercise, eating right, relaxation techniques, and other non-drug treatments may be part of a comprehensive pain-relief plan. Things to list on your pain-control plan include:

- The brand and generic names of your medications
- The instructions for taking your medicines
- What to do if you miss a dose
- What to do if you have side effects
- Call your nurse if your medicine isn't managing your pain
- Goal of treatment
- Note all the non-drug methods you use
- Keep the handout from your pharmacist containing the information about your medicine
- **Talk with your nurse about any side effects you may be experiencing**
- **Talk with your nurse about a bowel program**

Medications and instructions given by the nurse and physician:

Pain and Chemotherapy

Common Forms of Pain:

[Joint Pain \(Arthralgias\)](#) | [Bone Pain](#) | [Muscle Pain \(Myalgias\)](#)

What is Pain and How Is It Affected By Chemotherapy?

Pain is the unpleasant sensory experience due to nerve or tissue damage. Pain may be a result of:

- Injury – from a trauma (such as from falling down, a car accident)
- Tumor invasion – A cancerous tumor may have invaded nerves, an internal organ (such as the liver or lung), or your bones, and caused pain.
- Blood clots – in your legs, or in your lungs may have damaged nerve or tissue.
- Infection – causing an inflammation of the tissues anywhere in the body
- Other causes – There are many other diseases and medical conditions that may cause pain, such as thinning of the bones due to osteoporosis, (which may have also caused a fracture of the bones), or inflammation of the joints (arthritis).

Common Types of Pain

- Bone pain – Due to bone damage from trauma or tumors, most likely.
- Nerve pain – Nerve pain is a common symptom experienced by patients with certain types of cancers. When there is nerve injury present anywhere in the body, certain pain receptors may create new nerve endings. The threshold for pain (the point at which you experience pain) related to the nerves, may be decreased during a pain episode. Therefore, pain may be noticed:
 - While you are at rest – known as chronic, persistent pain
 - While you are moving, when you have coughed, or have performed a certain activity – called breakthrough cancer pain (BTCP). BTCP is known as a “flare” of pain, and can be severe.
 - Whenever nerve endings are irritated.
- Chemotherapy or radiation induced pain – is most often a form of nerve pain. It can cause peripheral neuropathy (painful numbness of the extremities), or paresthesia (numbness and tingling of hands, feet or any extremity of the body).
 - Commonly used chemotherapy drugs, such as Vincristine Sulfate, Paclitaxel or Cisplatin, may cause what is known as chemotherapy-induced peripheral neuropathy or paresthesia.

To help your healthcare provider diagnose and manage your pain, it is important to follow all the instructions that you have been given and to record the medications you have used.

To get help for your pain, you'll need to give your doctor AND nurse a detailed description of what you're feeling, where, and when.

Start by keeping a daily diary or report of your pain. Record the following:

- Where in your body you feel pain
- The intensity of the pain
- The frequency of episodes
- How long each pain episode lasts
- What activities or times of day are associated with the pain (what activities make it worse or better; and when it flares or lessens)
- Which pain medications you're taking (and how frequently)
- Whether you get pain relief from a medication (and for how long)

Writing down this information is valuable. Regular diary entries will help you and your doctor assess your pain, identify patterns, and evaluate how well medications or other treatments are working.

Research shows that such diaries improve the way doctors and nurses help their patients manage pain. The diaries also give patients better control over their own pain. ; Also, when you share this information with family caregivers, it helps them understand what you are experiencing so they can help you more.

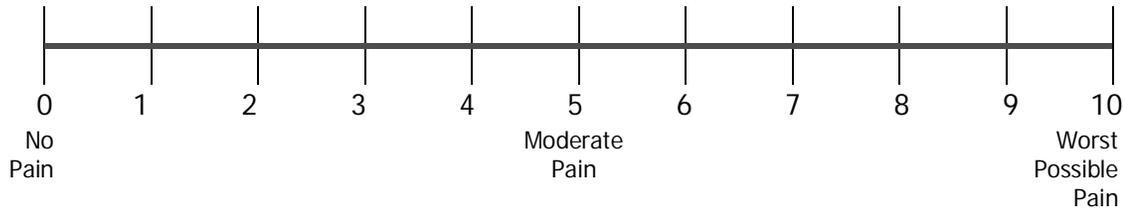
Keeping a Pain Diary

The more detail you include in your pain diary, the better. Here are questions to help you describe your pain more fully:

- Where does it hurt? Does it start in one place and stay there, or does it move around to other spots?
- What does it feel like? Is it sharp, dull, hot, cold, aching, throbbing?
- Did some event seem to bring on the pain? For example, did you fall, stop taking long-term steroid medications, resume activity after prolonged bed rest, or strain one area by compensating for a problem elsewhere (such as sore shoulders from using a walker)?
- How bad is the pain, on a scale of 0 – 10? Use 0 for no pain and 10 for the worst pain you can imagine.
- How long does the pain last? When does it start? Is it constant, on-and-off, fleeting, the same throughout the day, or worse at a particular time?
- What makes it get worse – certain position or movement, particular foods, lying on a hard surface, cold or rainy weather, feeling upset?
- What makes it get better – a particular position, time of day, medication, or when a certain person arrives or leaves?
- Do you have any other symptoms associated with the pain, such as sweating, anxiety, palpitations, depression, or insomnia?

Date _____

DAILY PAIN DIARY



Pain as bad as it could be
 Extreme Pain
 Severe Pain
 Moderate Pain
 Mild Pain
 Slight Pain

Use this diary to record your pain and what you did to treat it. This will help your health care provider to understand your pain better. Fill in the information and bring the journal with you to your next appointment. If your pain is not relieved by your treatment, call your health care provider.

Time	Where is the pain? Rate the pain (0-10), or list the word from the scale that describes your pain.	What were you doing, when the pain started or increased?	Did you take medicine? What did you take? How much?	What other treatments did you use?	After an hour, what is your pain rating?	Other problems or side effects? Comments.

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