

MONITORING YOUR PAIN SCORE

The pain relief team doctors and nurses will visit you regularly and adjust the dosages as required. You will be asked to score your pain ranging from 0 to 10, where 0 is no pain at all and 10 is the worst pain you can imagine. This will help us to effectively manage your pain.



HELP US
HELP
YOU

- 
- 01 No pain
 - 02 Mild, annoying pain
 - 03 Nagging uncomfortable troublesome
 - 04 Distressing miserable pain
 - 05 Intense, dreadful, horrible pain
 - 06 Worst possible unbearable, encrusting pain



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More than Healthcare, Human Care

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PATIENT CONTROLLED ANALGESIA

YOUR PAIN ENDS HERE

Our goal is to ensure a round the clock comprehensive quality service dedicated to take care of your pain after surgery

Acute Pain Services Department of Anaesthesia



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INTRODUCTION

This leaflet describes what happens when you have Patient Controlled Analgesia (PCA) to reduce pain after surgery.

WHAT IS PCA?

The PCA is a pump, controlled by the patient which gives small doses of a strong pain killer, like morphine directly into a vein. It has built-in safety features and is operated by simply pressing a button. It is programmed to deliver a precise dose.

HOW DO I WORK A PCA ?

All you have to do is press the button when you want the pump to give you a dose of pain killer. This way pain control is immediate. The pump is programmed with built in safety features; so it is practically impossible to "OVER DOSE" yourself. Therefore, we suggest that if you are in pain - PRESS THE BUTTON. N.B.: The button MUST be pressed by the patient only and NOT by any relatives; as doing so by a relative overrides the safety features.

WHEN IS PCA STOPPED?

This depends on the type of surgery that you have had and your pain scores. When your requirements for pain reduces. PCA will be replaced by other modalities of pain relief.



What are the side effects of PCA ?

The common side effects are listed below:



Nausea: This does not affect everyone, and even if you do feel sick, it can be treated.



Sleepiness: All morphine-like drugs cause sleepiness to varying degrees. This in fact can help you to relax.



Constipation: Not all patients get constipation after the surgery. Even if you have constipation, this can be treated easily.



Itching: This bothers some people but can be treated and always goes when the PCA is stopped.

EVERY EFFORT WILL ALWAYS BE MADE TO ENSURE YOUR COMFORT.