COMPASSION IN DYING®
OF WASHINGTON

Pain Care Checklist

- Be assertive. Tell your doctor that you will not tolerate under-treated pain.
- If you have chronic pain, don't wait until it is severe to treat it. Pain is easier to prevent than treat.
- Talk with your doctor about your concerns for good pain care.
- Ask what medications will be available to you, if you begin to have pain.
- If you are in Hospice, tell your nurse about your pain level at every visit.
- Demand comfort care in your Advance Directives. Be clear and assertive.
- Ask a friend or family member to be your advocate, if you cannot speak for yourself. Keep this person informed about your pain.
- Keep a pain record. Note location, time of day, severity, and what relieved the pain. Share this with your doctor or nurse.
- Get the name and phone number of the doctor who covers for your physician when he/she is not available.
- Ask about your orders for pain medication. See that they cover frequency, dosage, and type of medication. If you have questions, ASK THEM.
- Insist that you have enough pain medication for weekends and holidays.
- If you are in the hospital and your pain is not being treated, ask to speak to the Medical Director or Nursing Supervisor.
- Expect the amount of medication needed for end-of-life pain to increase rapidly.

If you have questions about pain care or symptom management, contact COMPASSION IN DYING at 206.256.1636 or wa@compassionindying.org

You have the right to effective pain care.
Untreated pain is inexcusable.