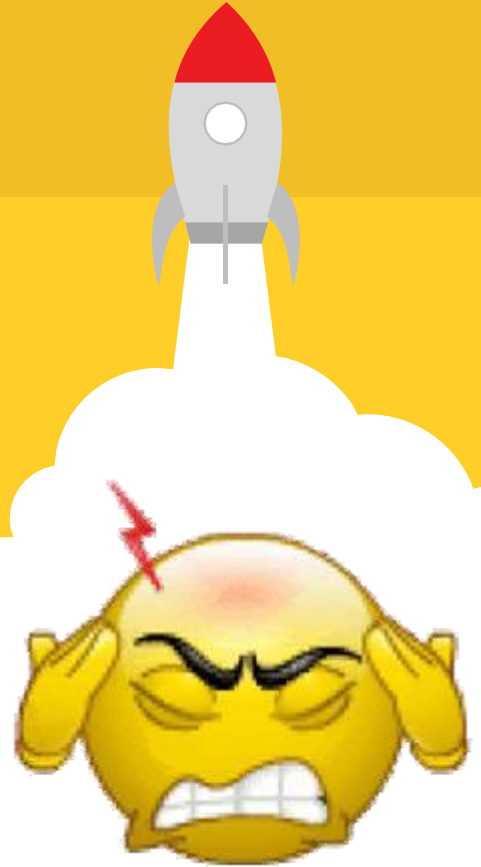


what is PAIN





What is **PAIN** ??

Could be described as
unpleasant sensation
when we have injury or
defect on our body

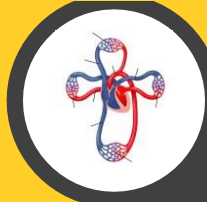


PAIN

Feels like sting, hot, tremble, burnt, stabbed, itchy, and other forms

Why taking control over the pain is **important** ?

Blood flow got
disturb



Affecting mood or
heart



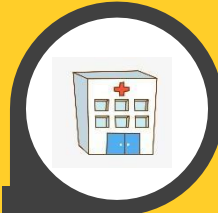
Rest or sleep disorder

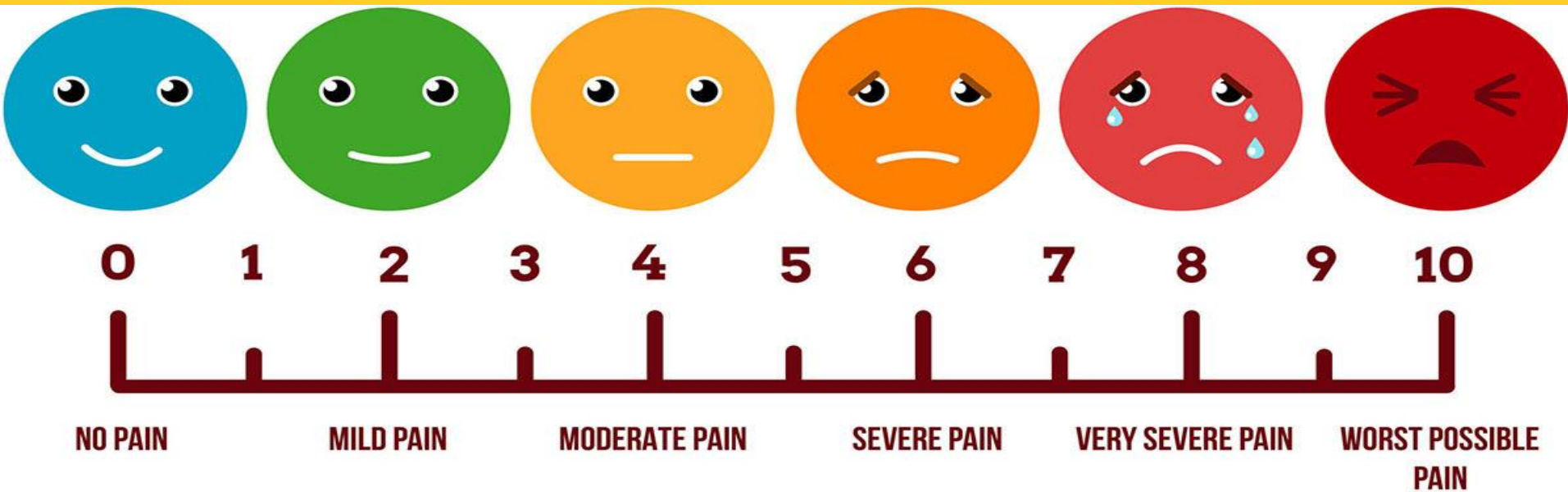


Losing appetite



Making longer time
to have treatment in
hospital





Adjusting the pain you feel with
the face emoticon above !!

How painful are you ??



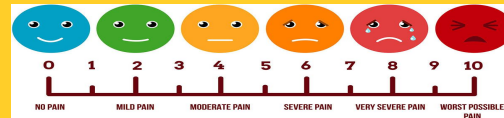
mild : 0 - 3



average : 4 - 6



bad : ≥ 7



Pain on Children



National Cardiovascular Center
Harapan Kita

The Signs

- Stiff body
- Unusual crying
- Loud crying
- Smirking face
- Eyes closed
- Shouting
- others



Pain Treatment



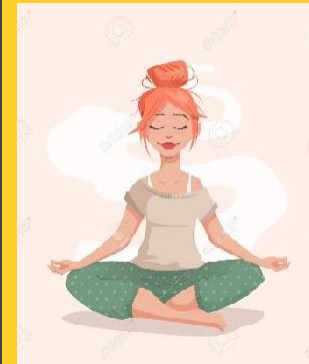
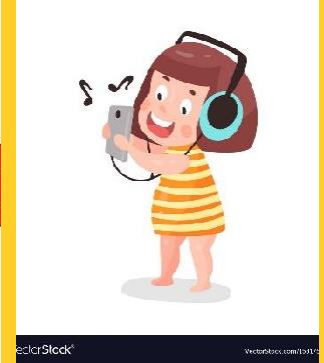
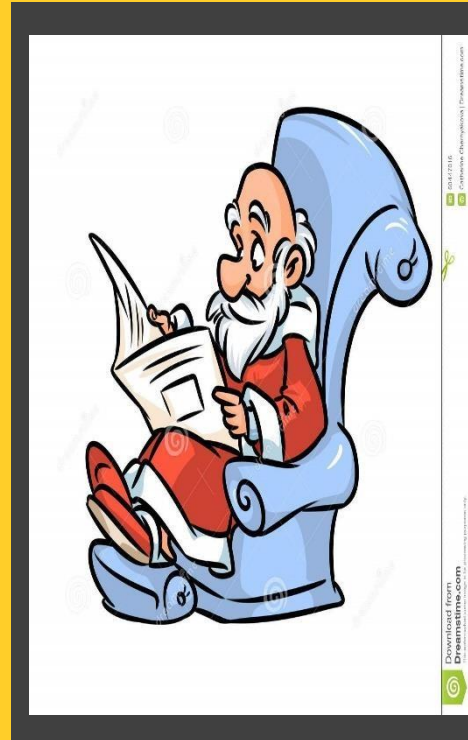
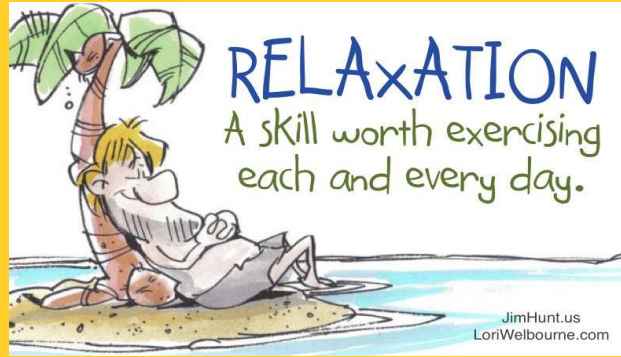
With Medicine

1. Non steroid anti inflammatory drug
2. Paracetamol
3. Opioid
4. Adjuvant

Without Medicine

1. Information
2. Take a deep breath
3. Meditation
4. Distraction
5. Relaxation
6. Back massage

Pain Treatment without Medicine



Contact your **Physician/Nurse**

01

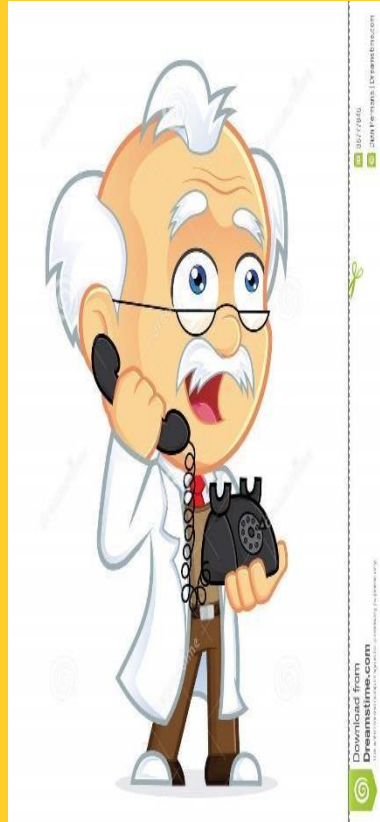
Unbearable pain

02

Unchanging pain after treatment

03

Having side effect : itchy, constipation, nausea, stomach pain, difficult breathing, easily feel sleepy, bleeding, others



Chest pain because of **Heart Attack**



Could be detected with :

- Left chest pain (feel pressed or pushed)
- Pain widened to jaw, neck and back
- Shortness of breath
- Tiredness, fatigue
- Cold sweat
- Nausea, gastritis
- Migraine or headache
- Pain will relieve when resting

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If you or your family having chest pain because **Heart Attack**



Immediately go visit the hospital
or
contact Physician





Thank You
Get Well Soon

You can find me at
painmanagement.rspjnhk@gmail.com