

### PATIENT CONTROLLED ANALGESIA

#### What is Patient Controlled Analgesia?

Patient Controlled Analgesia (PCA) is a new concept that gives you control in delivering the pain medication within the limits prescribed by your physician. In the past when you needed pain medication, you would call the nurse to administer it. Now that has been changed with the help of a medical instrument called the PCA Infuser. Instead of calling the nurse, you push a button on the PCA Infuser, and the instrument delivers just the right amount of pain medication - safely, quickly and comfortably. This method of pain control is one example of our commitment to your well-being and comfort.

#### How Much Medication Will I Receive?

The PCA infuser will be set to deliver the exact amount of medication ordered by your physician. Whenever you feel pain, just press and release the button. The medications you receive will usually work within minutes.

There are many safeguards built into the PCA Infuser. Regulators in the machine make sure that your doses are carefully timed.

This allows you to receive only the medication you need. (NO MORE - NO LESS.) You cannot give yourself more medication than the doctor feels is right for you, even if you press the button frequently. Rolling over on the button when you are asleep will not make the PCA Infuser work accidentally. You must press the button with your thumb or finger and then release it to give yourself pain medication.

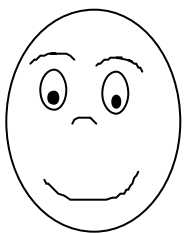
#### What If I Start to Feel Sleepy?

The pain medication you are receiving has that effect on many people. If you become sleepy, wait until you feel definite discomfort before pushing the button again. Try to find a comfortable balance between pain relief and sleepiness. "Just enough medicine" should keep you comfortable, yet awake and alert.

#### What If My Pain Is Not Relieved?

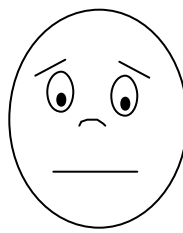
If the pain medication is not easing your pain, even after pushing the button several times, be sure to call your nurse. The nurse will assess your situation, determine what needs to be changed to relieve your pain, and will consult with your physician if necessary.

### Pain Rating Scale



No Pain

0



1

2

3



Moderate Pain

4

5



6

7



Worst Pain

9

10

- You may be asked to rate your pain on a scale of 0 to 10, or you may choose a word that best describes the pain.
- You may also set a pain control goal (such as having no pain that's worse than 3 on the scale).
- Reporting your pain as a number helps the doctors and nurses know how well your treatment is working and whether to make any changes.