

# Patient Information

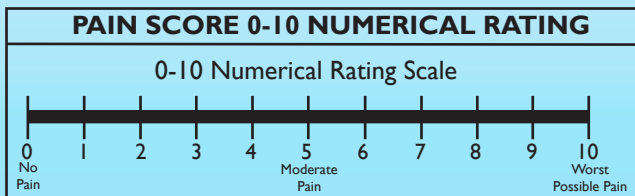
## What is palliative care?

Therapy intended to relieve the pain and suffering of people who are living with incurable illnesses by improving their quality of life.

## Are you in pain?

Most people suffer from pain. The good news is that most pain can be treated. It is your right to have your pain treated. Talk to your clinician about your pain. You can rate and tell your clinician where your pain is using the scales below.

## Numerical rating scale (NRS)



Choose a number from 0 to 10 that best describes your current pain. **0 is no pain, 10 is worst possible pain.**

Or

You can rate your pain by choosing the face that best describes how you feel. The far left face indicates **'No hurt-no pain'** and the far right face indicates **'Hurts worst-worst pain'**. Document number below the face chosen.

## Faces rating scale (FRS -recommended for children)

### Wong baker face scale



Help your clinician to help treat your pain by talking about your pain.

### What are palliative care rights?

Palliative care embraces human rights that are already recognized in national laws, International human rights documents, and other consensus statements. Palliative care rights include the **right to:**

- Pain relief
- Symptom control for physical and psychological symptoms
- Essential drugs for palliative care
- Spiritual and bereavement care
- Family-centered care
- Care by trained palliative care professionals
- Receive home-based care when dying and to die at home if desired
- Treatment of disease and to have treatment withheld or withdrawn
- Information about diagnosis, prognosis, and palliative care services
- Name a health care proxy for decision making
- Not to be discriminated against in the provision of care because of age, gender, national status, or means of infection.

*(Health and Human Rights –A resource Guide for the Open Society Institute and sorrows foundation network )*