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Chapter -II-

Dealing with Pain

Part 1



1/ How a patient expresses the feeling of Pain.

Douleur	Pain
Aigue	Sharp/acute
constante	Constant
Ecrasante (douleur de la poitrine)	Crushing
Généralisée	General
Intermittente	Intermittent
Légère ou faible	Slight
Localisée	Localized
Périodique	Recurrent
Sourde	Dull
Vive	Severe
Elancement de douleur/ douleur lancinante ou pulsatile	Throbbing pain
Picotements de douleur	Tingling pain
Sensation de coups de couteau	Stabbing pain
Sensation de brûlure	Burning pain
Sensibilité (à la douleur)	Tenderness
Sensible au toucher ou à la douleur	Tender
Vagues de douleur	Waves of pain

2/ The patient's feeling of Pain or Discomfort

1/ J'ai mal à la cheville. / Ma cheville me fait mal.

- My ankle hurts.
- My ankle is painful.
- I have (got) pain in my ankle.
- I have (got) a sore ankle.

2/ J'ai une forte migraine. C'est comme si c'était des vagues de douleurs.

- I have a strong migraine. It's like waves of pain/ throbbing pain.

3/ Mon dos me fait vraiment mal.

- My back is really hurting me/ my back is really aching.

4/ J'ai de l'acidité avec une étrange douleur qui me brûle.

- I have acidity (heartburn) with strange feeling of burning pain.

5 / J'ai des courbatures.

- I have stiff muscles.

6/ J'ai des difficultés à uriner.

- I have difficulty urinating.

7/ Je sens comme un picotement (fourmillement) dans mon bras gauche.

- I feel tingling in my left arm.

8/ Je me sens engourdi/ j'ai des fourmis.

- I feel numb.

9/ Ça démange.

- It feels itchy. / It is itchy.

10/ Je ne me sens pas bien.

- I don't feel well. / I'm not feeling well.

3/ Types and Descriptions of Pain

There are several words to describe pain:

- 1- Pain: muscle pain
- 2- Ache :head ache
- 3- Suffering: moral suffering
- 4- Sore: sore throat
- 5- Tenderness: The patient complained of tenderness in the lower abdomen when the area was palpated
- 6- Acute: After the car accident, she experienced acute pain in her neck, requiring immediate medical attention.
- 7- Chronic: He has been suffering from chronic back pain for over five years due to a herniated disc.
- 8- Transient: The transient pain in her foot subsided shortly after she removed the tight shoes.
- 9- Continuous: The patient described continuous pain in her joints
10. Intermittent: He reported intermittent headaches that occur about three times a week, usually after long hours at the computer

4/ Mnemonic for Pain Assessment

There is a mnemonic for assessing pain: SOCRATES

- **Site:** Where is the Pain? / Can you show me where the pain is?
- **Onset:** When did the pain start?
- **Character:** What is the pain like? Can you describe the pain?
- **Radiation:** Does the pain go/ spread anywhere?
- **Associations:** Do you have any other signs or symptoms associated with the pain? / Is there anything apart from the pain?
- **Time course:** How often do you get the pain?
- **Exacerbating / relieving factors:** Does anything make the pain worse/better.
- **Severity:** How bad is the pain?