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Chapter -I-

Dealing with Pain



### 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?