

Patient Resource Sheet

OUCH-LESS!

Helping you cope with pain



What is pain?

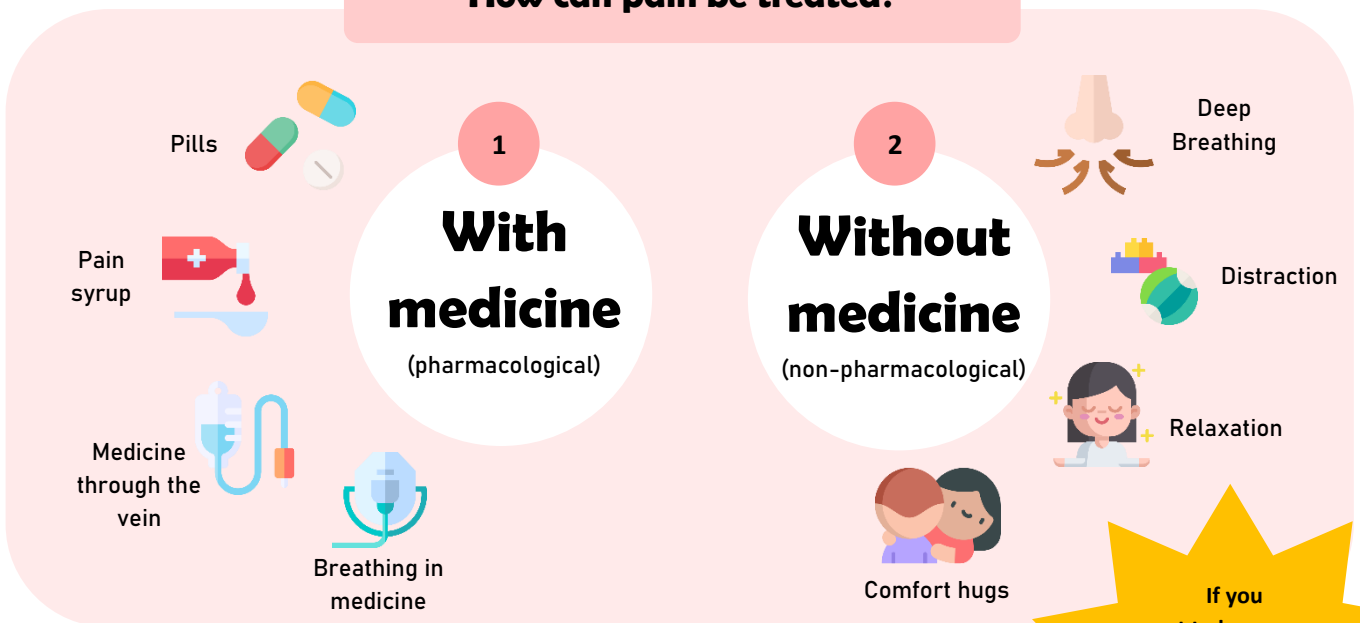
Pain can be uncomfortable and unpleasant. It is an alarm signal that comes when our body senses danger. There are primarily 2 types of pain:

	Acute pain	Chronic pain
What is it?	Acute means brief (short) and severe (very bad)	Chronic means long and continuous (never goes away) or frequent (keeps happening)
Examples	<ul style="list-style-type: none"> Cuts or burns Broken bone Surgery 	<ul style="list-style-type: none"> Chronic joint pain Migraines
How long does it last?	A few seconds (a pinch) to a few weeks (broken bone)	3 months or more



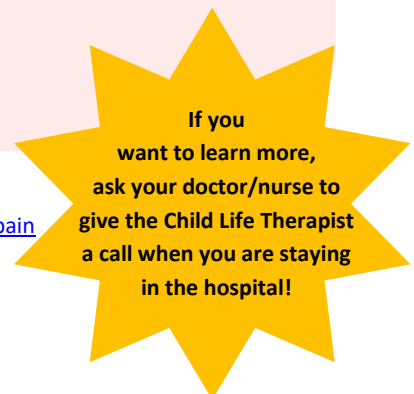
[Understanding pain and what can be done](#)

How can pain be treated?



Resources:

- <https://www.nationwidechildrens.org/specialties/comprehensive-pain-management-clinic/understanding-pain>
- <https://www.aboutkidshealth.ca/article?contentid=2983&language=english>



Let's try!



1

Star breathing

Use your finger to trace the star!



2

Play with some toys or watch a funny video!



Watch this!

[Calm Breathing: Star Breathing](#)



3

Think of happy and positive things!



4

Get mommy, daddy or someone you are comfortable with to hug you or hold your hand!



For Parents

[Comfort Positioning](#)

You can also refer to our Comfort Positions poster as well! Available on:

[Patient Education - KK Women's and Children's Hospital \(kkh.com.sg\)](#)

If you want to learn more, ask your doctor/nurse to give the Child Life Therapist a call when you are staying in the hospital!