

Tips for reassuring residents about their pain

Some things you may say to a resident to reassure them, especially if they are expressing unhelpful thoughts about their pain, include:

“I’m so sorry to hear how much pain you are in right now.”

“It seems like you’re quite distressed about your pain right now. Often this can affect your breathing. Can you try and take three slow, deep breaths with me now?”

“We know that when you’re living with pain, your brain can often think the worst. The more negative your thoughts, the more negative you will probably feel. What’s something helpful you can say to yourself right now?”

“I hear you’re upset about the things you’re not able to do. However, let’s try and think about the things you’re still able to do.”

If a resident expresses that they can’t cope or go on, encourage them to think things like:

“I can probably cope better if I am able to relax. Let’s focus on my deep breathing.”

If they express that the pain is so severe and will never get any better, encourage them to think things like:

“My pain is worse on some days and better on others. Let’s see what tomorrow brings and try to feel better tomorrow. Maybe I can do something now to try and take my mind off things.”