**Unit 5: Pain**

**-P**ain is an essential survival mechanism, for it warns us that something is wrong.

**-**Pain is either **Acute or Chronic.**

-Acute is a short-term pain.

-Chronic is pain that lasts longer than the injury that caused it.

- Injuries often cause **referred pain,** where the pain is felt in another unrelated part of the body.

**Methods** **for** **Assessing Pain include :**

* McGill questionnaire\*, which consists of a list of adjectives which the patients chooses from to describe their pain.
* Numerical scale (0 is no pain and 10 is the worst pain you can imagine.)
* The verbal pain scale, which uses vertical lines in colours ranging from light blue( no pain) to bright red ( severe pain).

\* <http://pain.about.com/od/testingdiagnosis/ig/pain-scales/McGill-Pain-Scale.htm>