

Pain



Réseau de
cancérologie
Rossy

Rossy
Cancer
Network

Symptom Management Tip Sheet



Let's talk about pain...

- Pain can feel like any of the following: aching, stabbing, throbbing, pressure, gnawing, cramping, burning, tingling, shooting, and/or "pins and needles".
- If any of these types of pain are accompanied by a fever (temperature greater than 38°C), please **contact your healthcare team immediately**.
- If you have new or increased back pain, **GO TO THE EMERGENCY ROOM**.
- If your pain is new, please contact your healthcare team.

** If you are undergoing IMMUNOTHERAPY and have these symptoms please contact your healthcare team as soon as possible. Delays can increase side effects and toxicity.*



What you can do

- Add light physical activity to your routine (e.g. walking, cycling, stretching, or swimming).
- Write down your pain level at the time you take your medicine and 1-2 hours after.
- Try activities that may help you cope with the pain (e.g. listening to music, breathing exercises, mindfulness-based stress reduction, guided imagery, hypnosis, or art therapy).



Seek More Advice

- Speak to your healthcare team to create a pain management plan to follow, including pain medications
- Take your pain medications as prescribed. If you have concerns about pain medicines, talk to your healthcare team about other solutions.
- If you are taking pain medicine, ask your healthcare team if you also need medicine to prevent constipation.

This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.

Based on: Remote Symptom Practice Guides for Adults on Cancer Treatments © 2020 D Stacey for the Pan-Canadian Oncology Symptom Triage and Remote Support (COSTaRS) Team. University of Ottawa School of Nursing and the Ottawa Hospital Research Institute, Ottawa, Canada.

Other resources

Managing Pain

<https://bit.ly/ccco-pain>

Progressive Muscle Relaxation

<https://bit.ly/ccco-muscles>

More resources at

mcgill.ca/rcr-rcn/patient

Who can help



Nurse Navigator (IPO)

If you have one, please speak with your IPO

If you are getting treatment at:

▪ Oncology Clinic, call:

Symptom Management Hotline

514-340-8222 ext. 25529

Mon – Fri. 8h00-16h00

Nights/Weekends: 514-340-8232

▪ Radiation Oncology Clinic, call:

514-340-8222 ext. 24124