

## Simple My Pain Alert® Instructions

This book is written for families to help loved ones of all ages. Read the story for each pain level together. Having your loved one point to the scale level picture and say the words more than once will help them to remember what to do or say when they are hurting. This learned action can replace panic and screaming. Talk to them about shared pain events while pointing to the Level that applies.

Reading the story pages aloud together helps create a shared understanding of how to react to pain. The family supporting and validating the pain patient's requests makes providing care easier for the medical staff.

Because people learn in different ways My Pain Alert® Scale includes: stories, American Sign Language signs, and a song verse for each level of pain.

To give your loved ones more abilities and more communication options learn the American Sign Language words together.

For those who need more help learning to respond we have a "How to..." in the Tools section at the end of the My Pain Alert® Plus Binder and in the beginning of the original My Pain Alert® Scale Communication Tool(MPASCT) book.

Our field trial of both sick child and healthy child families proved how well MPA training can work to reduce the stress of their pain situations.

Because being in pain is hard enough, the My Pain Alert® Scale Plus Card (UPC00860001490701) is available, printed on anti-bacterial, wipe clean plastic as a prompt to describe pain.