



Discharge Planning Toolkit for Pain

MANY PATIENTS COME TO THE EMERGENCY ROOM FOR PAIN

Pain is complex and may not completely resolve in the ER with one method and in one setting.

Watch these tips on how to help manage your pain!
Scan the code with your phone or visit <https://goo.gl/2T5MYo> to view the videos and access additional tips. Free on WiFi

Download a Free App from your App store to scan QR Codes. Videos will stay in your history to also watch at home!

Additional Therapies to Help Manage Pain



SCAN HERE

Preventing & Relieving Back Pain



SCAN HERE

Pain Medication Safety



SCAN HERE

Ways to Manage Chronic Pain



SCAN HERE



SCAN FOR ADDITIONAL
PATIENT EDUCATION

<http://pami.emergency.med.jax.ufl.edu/>