

Make Sure to Tell Staff

- **Your Pain**
 - **When** it started
 - **Where** it is
 - **How bad**
- **Why You're in the ER**
 - If you **can't control the pain at home**
 - If the **pain feels different**
 - If you have **other symptoms** like fever, trouble breathing, chest pain, etc.
- **What You Tried at Home**

Before You Go Home Ask

- What pain medication to take at home (name, dose, how often)
- When to take your next dose
- Warning signs that mean you should come back to the ER
- When to follow up with your doctor

Sickle Cell Pain

Emergency Room Guide

Help getting the care you need

HealthEd 4 Everyone™



You Should Get Treatment Within 1 Hour

After 30 Minutes: “It’s been 30 minutes and my pain is getting worse. I’m worried about getting pain treatment soon.”

After 1 Hour:

- Ask to talk to the charge nurse (the nurse who manages that part of the hospital)
- **Focus on your concerns and safety:**
 - “Can you tell me why my pain hasn’t been treated yet?”
 - “What are the hospital protocols for acute sickle cell pain?”

Medical guidelines say the best way to know if someone has sickle cell pain is to listen to what they tell you.

Ask Questions to Understand Their Reasoning “I’m trying to understand your approach to my pain management”

Stay Calm and Factual - Focus on what hasn’t worked and what you need

Ask for Communication Help – “I don’t feel like we’re understanding each other. Is there someone who can help?”

Ask Them to Contact Your Doctor – “Can you call my doctor to talk about my pain plan?”

Ask staff to look up the guidelines in UpToDate

Need More Help? Ask to speak to the charge nurse (the nurse in charge of that part of the hospital)