

# HOW TO GET STARTED

- Have an **individual desire** to improve wound-related pain (WRP) experiences for patients, particularly at the time of dressing related procedures
- **Commit to change** practice behavior so that through assessment, we can better understand, monitor, manage and improve the patients' quality of life
- **Accept the obligation and responsibility** of ALL HEALTHCARE PROFESSIONALS to relieve suffering
  - WRP can be the main patient concern when living with a chronic wound (e.g., leg ulcer)
  - WRP is associated with reduction in quality of life for the patient
  - WRP is sometimes associated with unbearable suffering
- Make WRP assessment a **part of everyday clinical practice**
- To better understand we need to **ASK, REPORT and ACT** upon the patient's individual and unique story
- The information from the assessment will serve as a **basic guide to pain relieving actions**, either as systemic or local treatments or a combination
- **Monitor the impact** of procedures and interventions
- **Work as a team** to address and minimize WRP and address unique individual needs and concerns
- **Keep the patient as the focus** and central to process
- **ACT!**
  - Identify the responsible person(s) at your clinical setting when deciding on the design of patient records and follow up systems
  - Collaborate with colleagues to implement pain assessment in the regular assessment procedure
  - Include documentation tools in patient records

