

## Tips

### Support groups and discussion forums

In self-help groups, people in similar situations share their experiences. Here you can get support and advice: «[www.selbsthilfeschweiz.ch](http://www.selbsthilfeschweiz.ch)»

An alternative to self-help groups are discussion forums, where you can exchange your experiences in writing: «[www.krebsforum.ch](http://www.krebsforum.ch)»

### Offer of support

Take regular time out to recharge your batteries. Keep up your hobbies and social contacts. Respite care staff or volunteers can spend time with your ill relative while you are away «[www.angehoerige-pflegen.ch](http://www.angehoerige-pflegen.ch)»

### Psycho-oncology support

If you are experiencing feelings of helplessness or fear, or if the suffering of the person concerned is weighing on you, it may be useful to talk to a specialist. Psycho-oncologists can help. Ask the treatment team and talk to your family doctor about this possibility.

### Further information on this topic

«Cancer-related pain and its treatment», Swiss Cancer League

«Pain Diary», Swiss Cancer League

«I accompany a person with cancer», Swiss Cancer League



For informal  
caregivers

## Support in case of pain




### Good to know

Pain is a challenge for those affected and for those close to them. Witnessing how pain negatively affects the daily lives of those affected is often stressful. Inadequately controlled pain is particularly distressing and exhausting. This has an impact on the quality of life of those affected and their relatives.

It is important to treat increasing pain quickly so that it can be effectively reduced. Regular exchanges with the treatment team enable us to assess the effect of pain medication and its impact on quality of life, and to adapt pain treatment in real time.

As a relative, you can support pain management at home. This task can leave you feeling powerless or afraid, as you are confronted with the suffering of the person you are caring for. We would like to support you in this process.

## Support in case of pain

You feel...	Or you notice...	What you can do for yourself...
	<p>The person you are supporting:</p> <ul style="list-style-type: none"> <li>• has mild pain that does not interfere with their daily life and usual activities</li> </ul>	<ul style="list-style-type: none"> <li>• Using a pain scale can help to assess pain. The treatment team can advise you on this.</li> <li>• Encourage the person to take their prescribed pain medication regularly, even if the pain is only mild.</li> <li>• If the pain increases despite taking the painkillers, encourage the person to take a back-up medication.</li> <li>• Suggest complementary non-drug treatments (e.g. physiotherapy, relaxation training).</li> <li>• Contact the treatment team if you have any questions or concerns about pain management</li> </ul>
	<p>The person you are supporting:</p> <ul style="list-style-type: none"> <li>• has pain that limits their daily life (e.g. severe headaches)</li> <li>• wakes up at night because of pain</li> <li>• has side effects from medication: nausea, loss of appetite, constipation</li> </ul>	<ul style="list-style-type: none"> <li>• Reserve medicines should always be taken well in advance.</li> <li>• If you observe painful activities, encourage the intake of a reserve medication 30 minutes before the activity.</li> <li>• Keep a pain diary. In it, document pain scale readings, the times at which all pain medication is taken, its effectiveness and any side effects.</li> <li>• Encourage the person concerned to talk to the treatment team about the side effects of pain medication so that they can react immediately if there are any signs of infection.</li> </ul>
	<ul style="list-style-type: none"> <li>• No improvement in pain despite taking medication</li> <li>• Very rapid increase in pain</li> </ul>	<ul style="list-style-type: none"> <li>• With the consent of the person concerned, contact the treatment team or the family doctor.</li> </ul>