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**Hospice Excels at Providing Pain Relief**

(Southwest , MI) – September 2009 has been proclaimed Pain Awareness Month in Michigan by Governor Jennifer Granholm. Long known as experts in pain management, hospice treats many different kinds of pain to relieve the suffering of the individuals they serve.

Hospice philosophy respects the patient's perspective in defining pain, a notion best described by pain management pioneer Margo McCaffery, RN: 'Pain is whatever the patient says it is and exists whenever and wherever the patient says it does.' Pain can be rooted in the disease process, in emotional turmoil or in spiritual angst. Hospice's holistic nature treats the whole person.

Pain is assessed according to its intensity, location, type, duration and anything that brings relief. The nurse may ask a patient to rate his or her discomfort on a 0 to 10 scale, 0 being no pain and 10 being the worst pain imaginable. Once pain is measured, it is treated aggressively until the patient and family are satisfied.

Pain treatment is determined by the type of pain experienced; these include muscle, bone, nerve and visceral. Relief may come in the form of medication, hot or cold compresses, repositioning, massage or other physical means. Pain that stems from emotional or spiritual difficulty may be relieved by a visit from the social worker or the chaplain.

"Because hospice is so good at pain management, other health care professionals often look to us for expertise in this arena," states Jeff Towns, President/CEO of the Michigan Hospice and Palliative Care Organization.

For more information, please contact your local hospice – Hospice at Home at 269-429-7100 or 1-800-717-3811, or go to [www.hospiceathomecares.org](http://www.hospiceathomecares.org) or to learn more about the hospice providers in your area go to [www.mihospice.org](http://www.mihospice.org).