

At John Muir Health, your Health Care Team understands each individual has a unique and different experience with pain. It may not be possible to eliminate your pain completely, but we will partner with you to determine a plan and make every attempt to best manage your pain.

If you have any questions, please don't hesitate to ask.

We thank you in advance for entrusting us with your care.



Concord Medical Center
2540 East St.,
Concord, CA 94520
Phone (925) 682-8200

Walnut Creek Medical Center
1601 Ygnacio Valley Rd.,
Walnut Creek, CA 94598
Phone (925) 939-3000



Proprietary and confidential.

Pain Management and Comfort Options



Depending on your individual plan of care, some options may require an order from your doctor.

Comfort items

- Comfort pack: headphones, earplugs, eye shield, puzzle book, pen, lip balm, lotion, and hand sanitizer
- Heating pad
- Ice pack
- Food or beverage
- Warm blanket



- Extra pillow
- Pajama bottoms
- Pillows to elevate your legs
- Mattress topper

Personal care items

- Lip moisturizer
- Lotion
- Toothbrush and toothpaste
- Mouthwash/mouth swab
- Deodorant
- Comb/brush
- Body wash/soap

Comfort actions

- Walk in hallway
- Sit in chair
- Bath or shower
- Wash face, hands or hair



- Gentle stretching/ range of motion
- Re-positioning
- Physical therapy

Keep boredom at bay

- Personal electronic device
- Book, magazine, or newspaper
- TV
- Puzzle book
- Pet therapy (as available)

Relaxation options

- Aromatherapy
- Request visit from Spiritual Care
- CARE TV channel 93 (soothing music and images)
- Quiet/uninterrupted time (as appropriate based on care)

When pain medication is needed

Discuss with your doctor or nurse

- Pain regimens you use at home
- Pain medication options during your stay



We will work with you to promote comfort during your stay with us. Use these scales to describe and rate your pain.

