

Lesson Package

ELSA Level 4 / 5



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Talking About Pain Lesson Plan

ELSA Level: 4 / 5

Time: 2 - 3 hours

Learning Outcomes:

- Ss will be able to state the location and intensity of their pain to health care providers.
- Ss will be able to use the pain scale to describe the level of their pain.
- Ss will be able to state if the pain is constant or intermittent.
- Ss will be able to state if the pain is chronic or acute.
- Ss will be able to describe the type of pain.

Suggested Approach

Warm-up:

Material:

- Pictures of People in Pain

Steps:

- Elicit the idea of “Pain” using the 4 pictures of “People in Pain”: headache, toothache, etc.
Ask: “What do these 4 people have in common? → Answer = pain, they are all in pain.”
- Pre-teach / elicit degrees of “pain” with gestures / mime.
Ask: “What kind of pain do I have?”
Pre-teach “mild”, “moderate” and “severe” pain using gestures or synonyms.
Pre-teach “constant” (stays for a long time) vs. “intermittent pain” (comes and goes).
Write these on the board.

Activity 1: Talking About Pain Video

Material:

- Video: Talking About Pain - Level 4 / 5
- Video Script (optional)

Steps:

- Watch “Talking About Pain” Video once. Then, write on the board:
 - “Where does she have pain?”
 - “How much pain does she have?”
 - “Is her pain constant or intermittent?”
 - “When did her pain start?”
- Watch each scenario again, pausing after each, asking the board questions and eliciting answers.
- Refer to Video Script as needed.

Activity 2: Describe Pain**Material:**

- Pain Scale - presentation size
- Pain Scale - large
- Pain Pictures A - large
- Pain Pictures B - large and small

Steps:**Part 1 : Mild, Moderate or Severe**

- Put up Pain Scale (presentation-size). Go over where it is used (clinics, Dr.’s office, pharmacy, etc.)
- Go over the scale and the associated pain terms (mild, moderate, severe, 1 - 3 = mild, 4 - 7 = moderate, 8 - 10 = severe).
- Present Pain Pictures A to whole class. (Cut on the finger = mild pain, a bump on the head = moderate pain, a broken arm = severe pain.)
- Have Ss repeat the structure:
“I have _____ pain in my _____. I would rate my pain ____ out of 10.”
Example: I have severe pain in my arm. I would rate my pain 9 out of 10.
- In groups, Ss get a large Pain Scale and small Pain Pictures B. Ss choose half of the pictures and decide where to place them on the Pain Scale and repeat the structure:

- Groups do oral practice with the structure above.

Part 2: When pain started

- Present the second part of the structure:

"My pain started about _____ ago. **OR** "My pain started after _____.
My pain is _____."

Example: My pain started about 10 minutes ago. (OR My pain started after the bee stung me.) My pain is intermittent.

- In groups, Ss decide where to place the other half of their Pain Pictures B on their Pain Scale and repeat the complete structure:

"I have _____ pain in my _____. I would rate my pain ____ out of 10. My pain started _____ ago. **OR** My pain started after _____. My pain is _____."

Example: I have severe pain in my arm. I would rate my pain 9 out of 10. My pain started 10 minutes ago. (OR My pain started after I fell off a ladder.) My pain is constant.

- T circulates, checks Ss are using the structure correctly.

Note: Since pain is subjective, T may point out that each group has different answers but they are equally "correct."

Activity 3: Describe Pain as "Acute" or "Chronic"

Material:

- Acute vs. Chronic Chart
- Pain Pictures B

Steps:

- T points out there are 2 categories of pain. Pain can be sudden; it just started. Or pain can be over a long period of time (6 or more months). Label these: "Acute" and "Chronic". Write definitions on the board beside the words.
- T gives a few examples of pain and asks: "So, is my pain acute or chronic?" "Did it start suddenly?" "Have I had it over a long period of time?"

Example: “I have very strong headaches several times a week. I’ve had them for at least half a year. So, is my pain acute or chronic?” (= Chronic) “I burned my finger on the stove this morning. My finger still hurts. Is my pain acute or chronic?” (= Acute) Etc.

- Groups get the “Acute vs. Chronic Chart” and place Pain Pictures B in the correct column of the chart depending on whether the pain is acute or chronic.

Activity 4: Words to Describe Different Feelings of Pain

Material:

- Vocabulary-definition Match (1 per group)
- Vocabulary-definition hand-out (optional)

Steps:

- Ss try matching the definitions to the words in groups.
- T checks / corrects, gives examples to clarify as needed.
- Ss can copy into notebooks or T can provide vocabulary list as hand-out.

Activity 5: Extend the Description using the New Vocabulary

Steps:

- Ss then extend the language used in Activity 2 to describe pain, using the vocabulary from Activities 3 and 4.

- Put on the board the sentence structures used in Activity 2 above:

I have _____ pain in my _____. I would rate my pain ____ out of 10. My pain started _____ ago. **OR** My pain started after _____. My pain is _____.

Example: I have severe pain in my arm. I would rate my pain 9 out of 10. My pain started 10 minutes ago. (OR My pain started after I fell off a ladder.) My pain is intermittent.

- Add:

My pain is _____ (acute / chronic).

It feels like it’s _____ (itchy, throbbing, etc.) **OR** It feels like a _____ pain.

Example: It feels like a sharp pain.

- Ss form new groups / pairs and use Pain Pictures B to practice this.

Activity 6: Case Studies and Dialogues

Material:

- Case Studies Worksheet / Substitution Dialogue
- Pain Scale - wallet-size

Steps:

- Divide Ss into pairs and give the Case Studies Worksheet. Ss read the Case Studies and work on filling in the blanks in the dialogues and answering the questions.
- Check answers as a class.
- Distribute wallet-size Pain Scale to all Ss to keep.

Activity 7: Role-Plays

Material:

- Pain Scale - wallet-size (optional)

Steps:

- In pairs, Ss write their own case study and dialogue to role-play.
- Volunteers present their dialogues and use the Pain Scale (wallet-size) as a prop in the role-play.
- Ss watch and listen for the following: where the pain is, what the pain is rated at, when the pain started, what kind of pain is described.
- T elicits answers.

Extension Activities

1. Grammar Focus: Question formation practice

Steps:

- On the board, write each statement used to describe pain.
Example: “My pain is intermittent.”
- Elicit the questions for each of these statements.
- Get Ss to come up and write these questions on the board below each statement.
Example: My pain is intermittent. → Is your pain constant or intermittent?

Questions to elicit:

- *I have pain in my back.* → **Where do you have pain?**
- *I’d rate my pain 7 out of 10.* → **How would you rate your pain?**
- *The pain started 2 days ago.* → **When did the pain start?**
- *The pain is acute.* → **Is the pain acute or chronic?**
- *It feels like a throbbing pain.* → **What does the pain feel like?**
- Etc.**
- Ss then practice the questions and answers in pairs. Student A = the patient, Student B = the nurse.

2. Extend language

- T elicits additional questions a nurse may ask and possible answers.

Example:

- “Is the pain in another part of the body, too?”
- “Does the pain start in one place and move to another? (radiate)”
- “If it comes and goes, how long does the pain last?” etc.

3. Functional Language

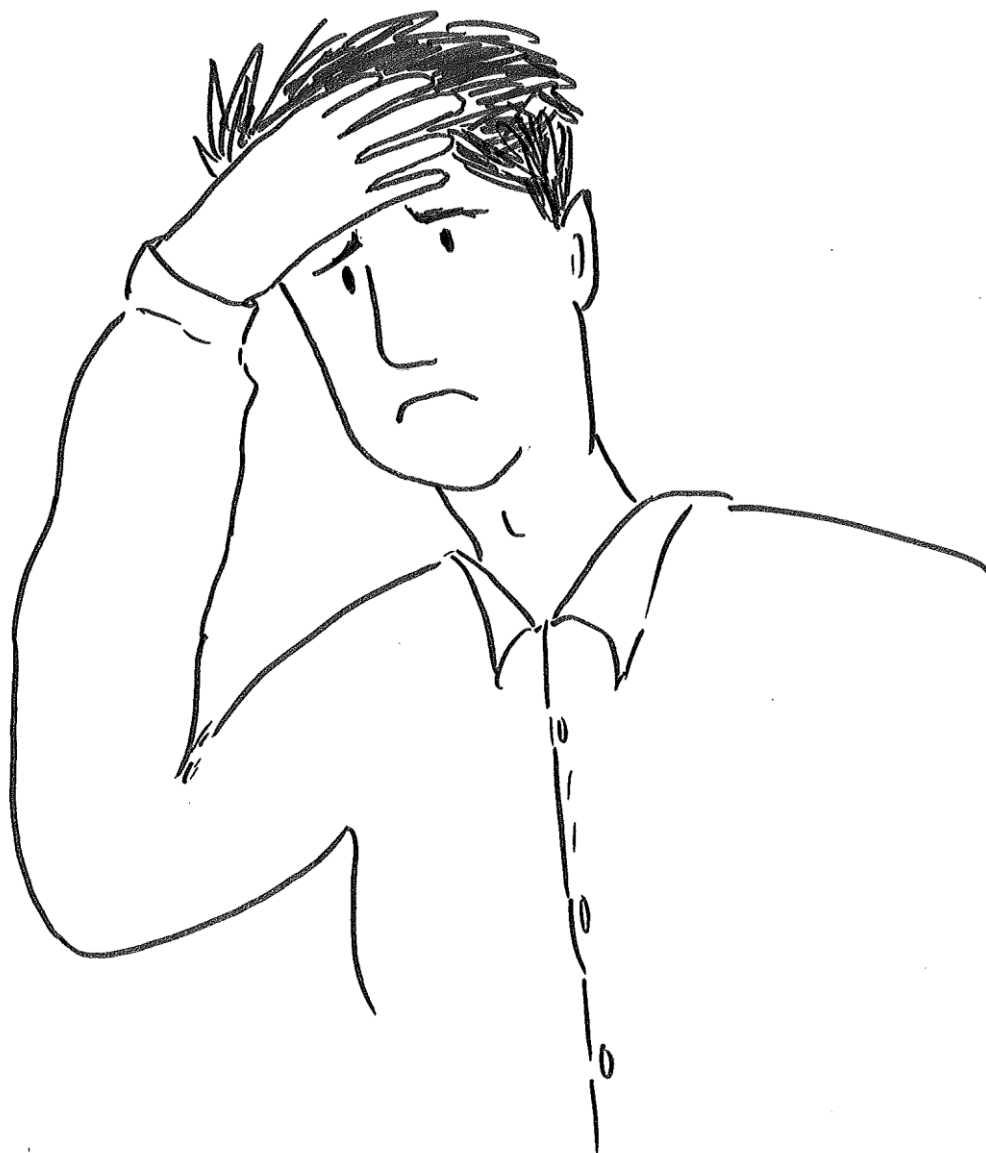
- Expand Ss vocabulary to describe pain.
 - “I’m in a lot of pain.”
 - “My back / leg / arm is killing me.”

- “It’s pretty bad.”
- “It’s not so bad.”
- I can’t bear it.
- “It’s hard to describe / say.” etc.

Vocabulary List

<i>mild</i>	pain that is not strong
<i>moderate</i>	medium pain
<i>severe</i>	very strong pain
<i>constant</i>	it stays for a long time
<i>intermittent</i>	it comes and goes
<i>acute</i>	sudden, just started or recent
<i>chronic</i>	over a long period of time, 6+ months
<i>burning</i>	hot pain, like fire
<i>sharp</i>	strong, sudden pain
<i>cramping</i>	sudden, tight, muscle pain
<i>tingling</i>	light pain, like little needles on or in your skin
<i>numb</i>	to not have any feeling in that part of your body
<i>itchy</i>	you want to scratch, because it's _____
<i>throbbing</i>	hot, strong, pounding pain

Pictures of People in Pain (*large*)



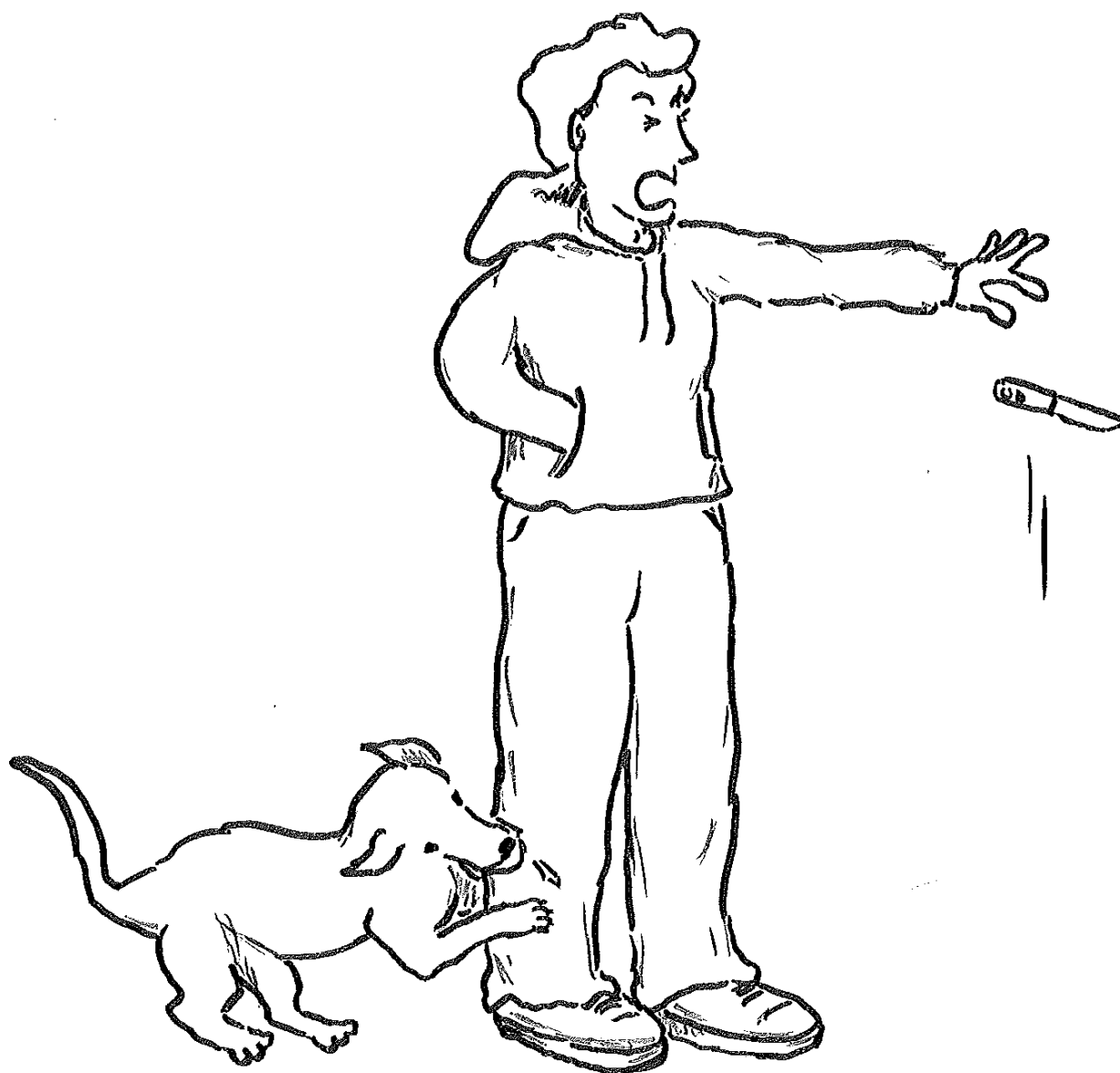
Pictures of People in Pain (*large*)



Pictures of People in Pain (*large*)



Pictures of People in Pain (*large*)



Video Script

ELSA Level 4/5

Scenario #1:

Part A: In an office.

Donna stands up from her desk and accidentally bangs her shoulder against an open filing cabinet drawer.

Donna: Ow! (*Holding her shoulder*)

Part B: In a medical clinic examining room.

Donna is sitting waiting for the nurse.

Shirene: Hi, Donna. I'm a nurse. My name is Shirene. Now tell me, where do you have pain?

Donna: In my shoulder.

Shirene: And how much pain do you have?

Donna: It's pretty bad. My shoulder really hurts!!

Shirene: Okay. Now, on a scale from one to ten, how would you rate your pain?

Donna: A number? I don't know. That's hard to say.

Shirene: Well, ten is a terrible, unbearable pain and then one or two is a mild pain.

Donna: Hmmm... I guess I'd have to rate it a five out of ten?

Shirene: Okay. So, a moderate kind of pain?

Donna: I guess so.

Shirene: And when did your pain start?

Donna: Hmmm... About ten minutes ago, when I hit my shoulder in the cabinet.

Shirene: Okay. Is the pain constant or intermittent?

Donna: Uh....What do you mean?

Shirene: Does your pain come and go or does it stay for a long time? If it stays for a long time, it's constant. If it comes and goes, it's intermittent.

Donna: Hmmm...It's pretty constant. Yeah, the pain is constant.

Shirene: And, uh, what does the pain feel like? Can you describe it?

Donna: Hmmm... It's hard to describe.

Shirene: Hmmm... Do you feel tingling, like little pins?

Donna: Hmmm... No.

Shirene: Okay, does it feel like throbbing? A hot, strong pain?

Donna: Yeah, it's like that. A throbbing pain.

Shirene: Okay.

Fade out.

Scenario #2:

Part A: In an office.

Donna is sitting on a chair and reaches down to open the bottom filing cabinet drawer. She suddenly grimaces, holding her back.

Donna: Ow! Ow. My back! Ow.

Part B: In a medical clinic examining room.

Donna is standing waiting for the nurse.

Shirene: Hi, Donna. I'm a nurse. My name is Shirene. Please sit down.

Donna: Oh. Actually it hurts more if I sit down.

Shirene: Okay. Stay standing then.

Donna: Okay.

Shirene: Now tell me, where do you have pain?

Donna: I have pain here - in my lower back.

Shirene: Okay. And how much pain do you have? How would you rate the pain out of ten?

Donna: Ow! It really hurts!! And the number... it's really hard to say.

Shirene: Well, ten would be unbearable and a five means somewhere in the middle, a moderate kind of pain.

Donna: I'd say an eight out of ten.

Shirene: Okay, eight... So, pretty severe.

Donna: Uh huh.

Shirene: And tell me, when did your pain start?

Donna: Ow! It started this morning.

Shirene: Okay. And does it stay for a long time or it comes and goes?

Donna: Um... It's intermittent. It comes and goes.

Shirene: Okay. Is this the first time this has happened?

Donna: No. I've had back pain for years and sometimes it's worse.

Shirene: For years? Okay, then you have chronic pain. Tell me, what does the pain feel like?

Donna: Hmmm... A sudden sharp pain.

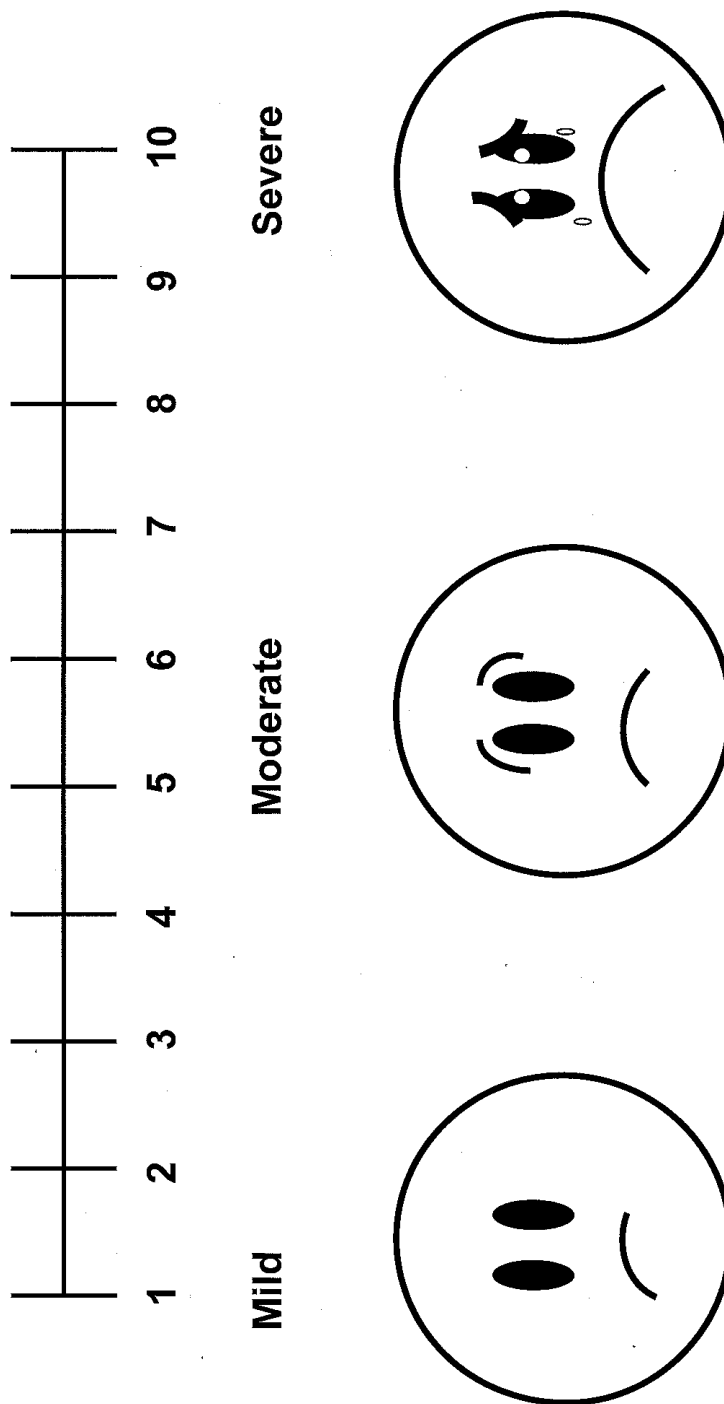
Shirene: Okay. A sharp pain. Do you feel the pain radiate, which means it starts in your lower back and moves to another part of the body?

Donna: No, it's just in my lower back. Ow!

Fade out.

Pain Scale (presentation size / large)

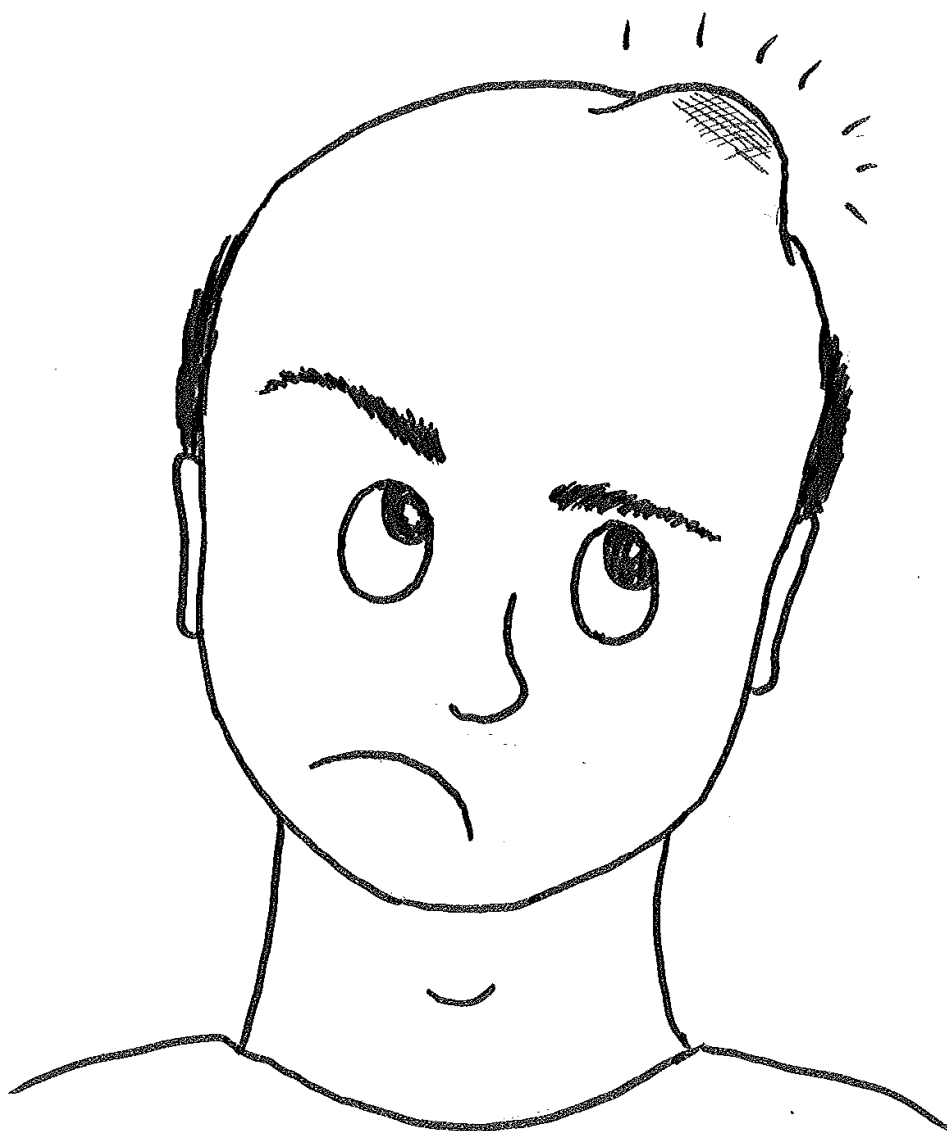
Pain Scale



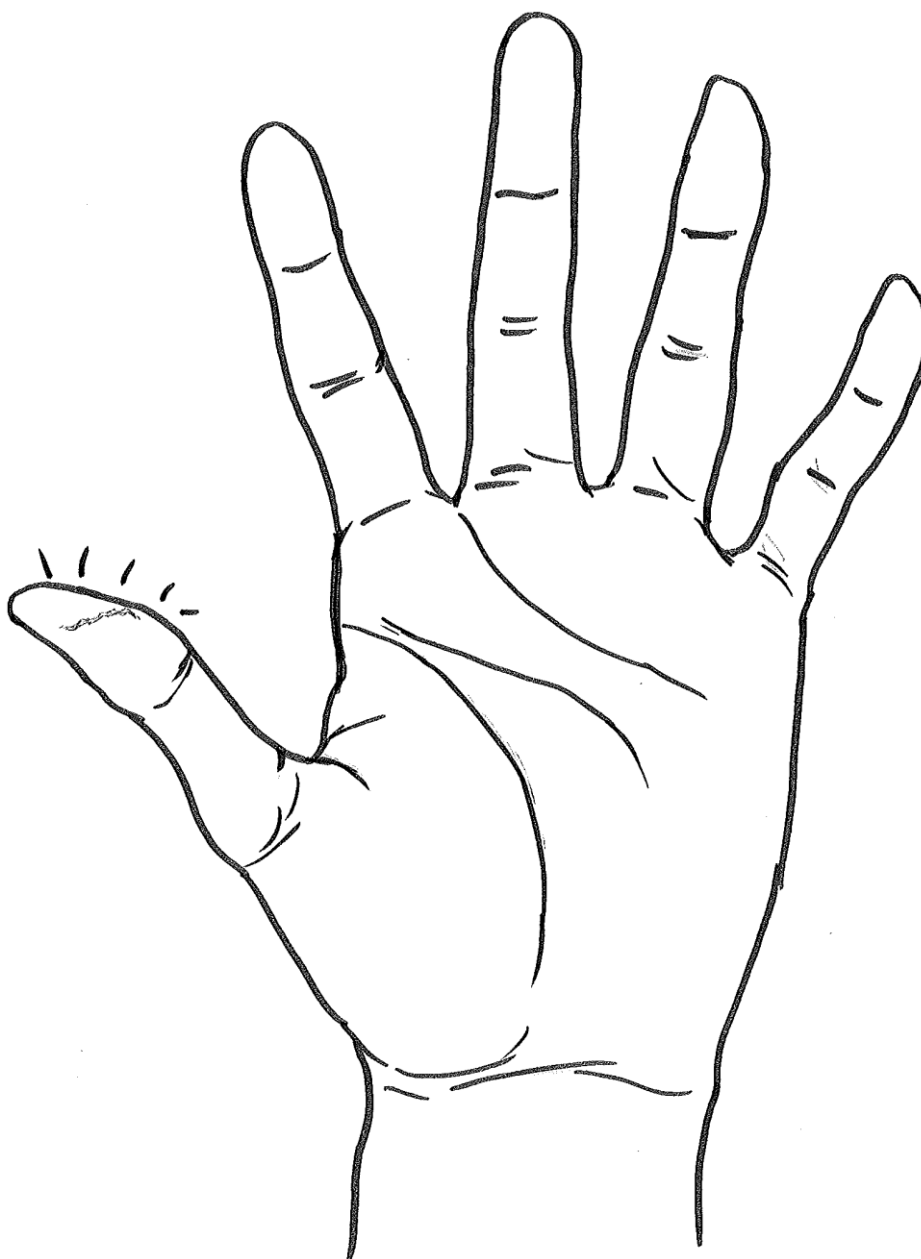
Pain Pictures A (*large*)



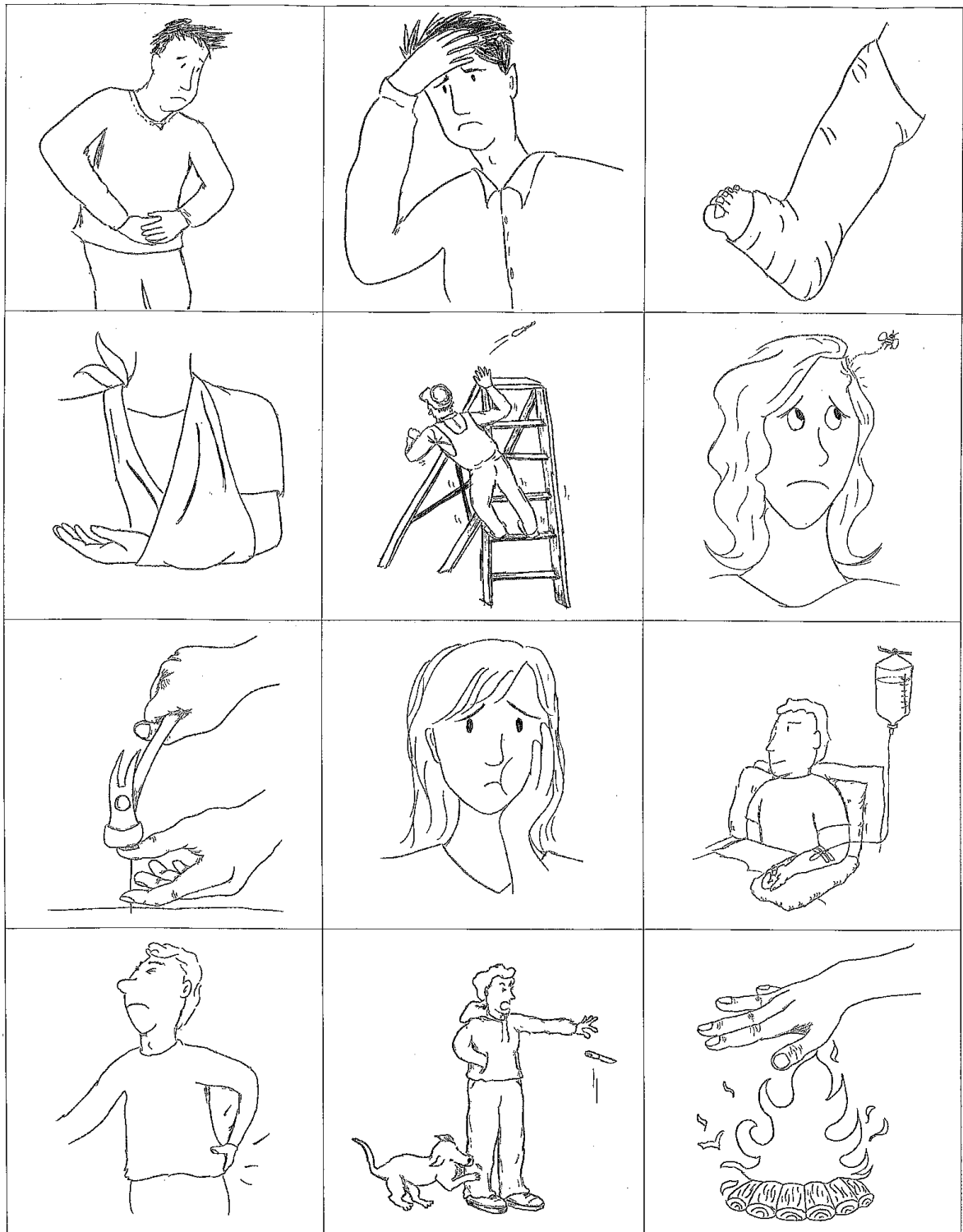
Pain Pictures A (*large*)



Pain Pictures A (*large*)



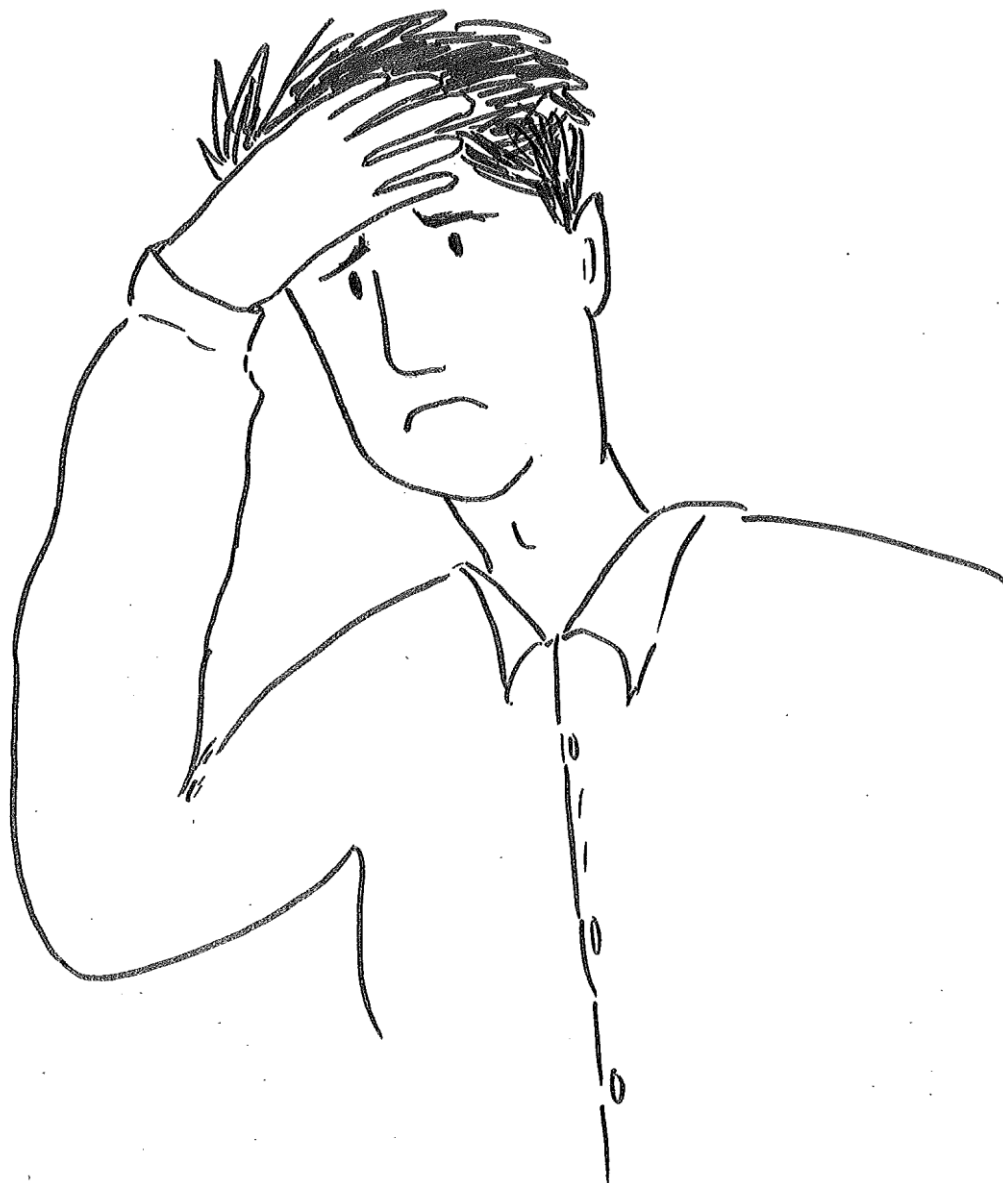
Pain Pictures B (small)



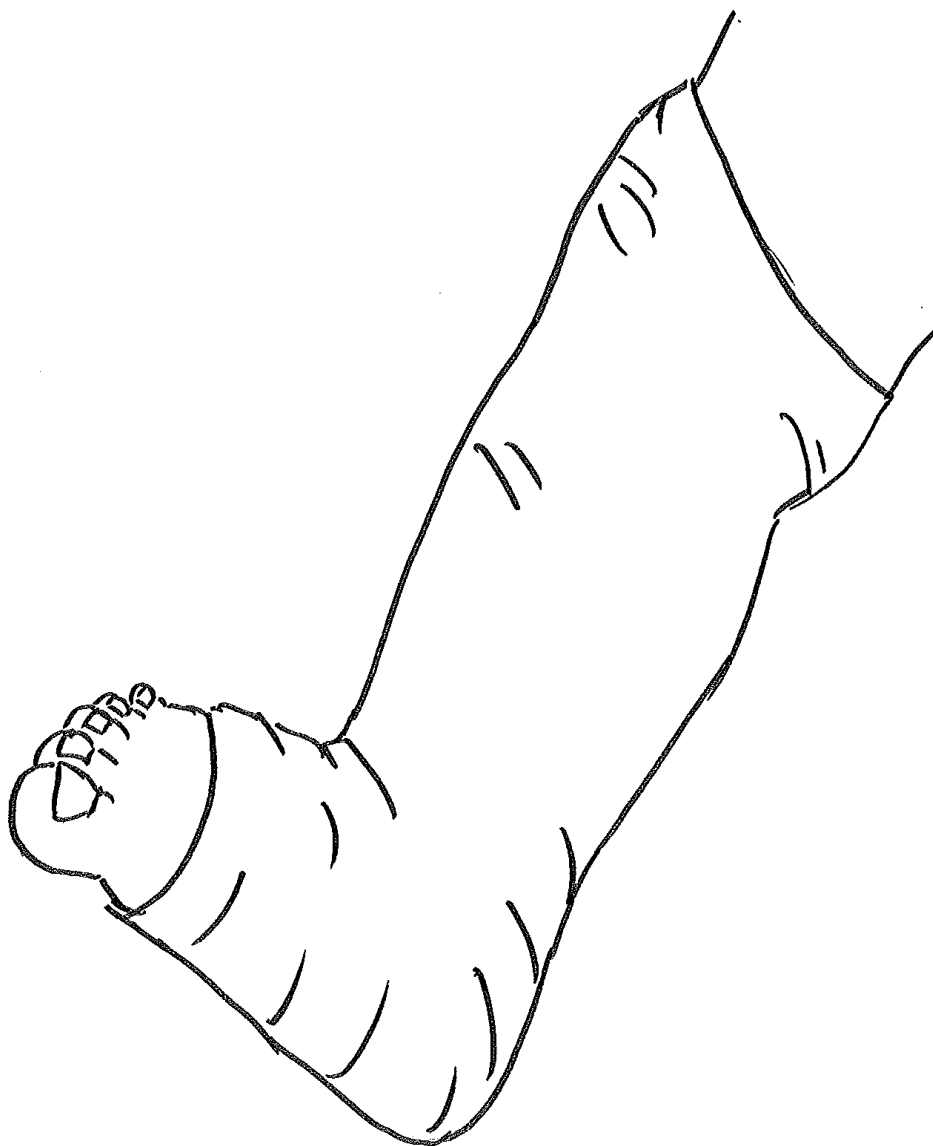
Pain Pictures B (large)



Pain Pictures B (*large*)



Pain Pictures B (*large*)



Pain Pictures B (*large*)



Pain Pictures B (large)



Pain Pictures B (large)



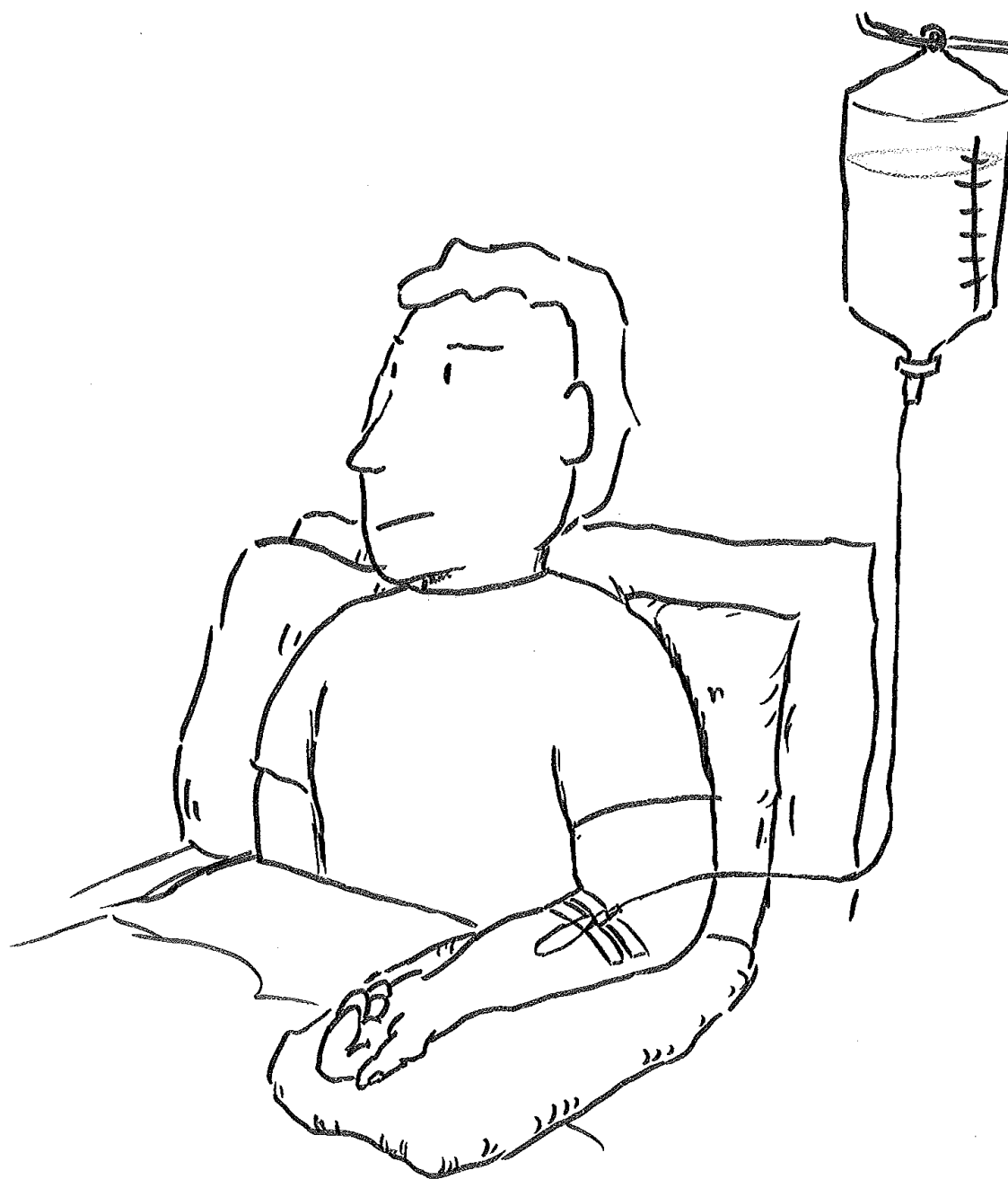
Pain Pictures B (large)



Pain Pictures B (large)



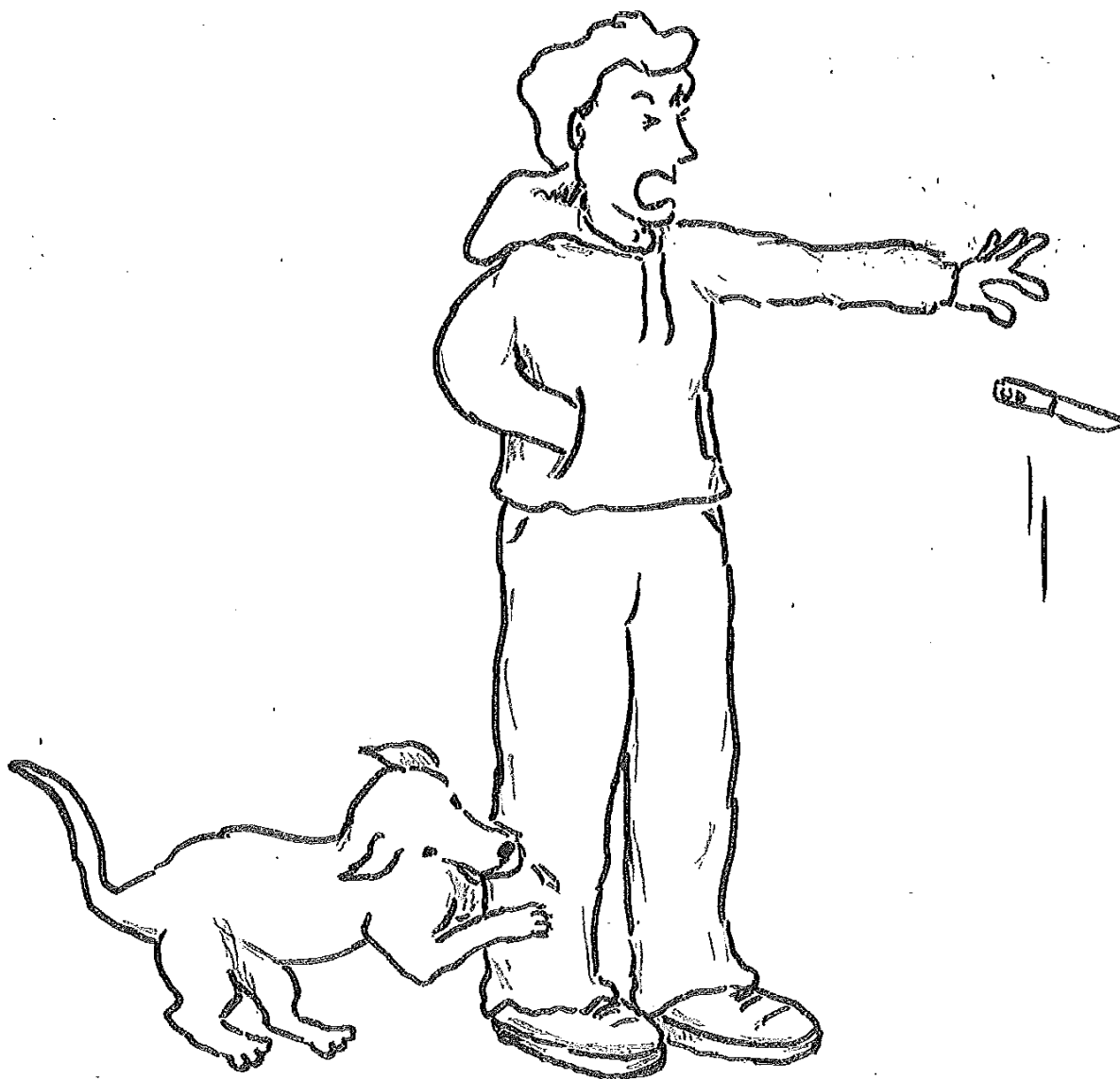
Pain Pictures B (large)



Pain Pictures B (large)



Pain Pictures B (large)



Pain Pictures B (large)



Acute-Chronic Chart

CHRONIC	
ACUTE	

Vocabulary-definition Match

mild	pain that is not strong
moderate	medium pain
severe	very strong pain
constant	it stays for a long time
intermittent	it comes and goes
acute	sudden, just started or recent

chronic	over a long period of time, 6 + months
sharp	strong, sudden pain
cramping	sudden, tight muscle pain
tingling	light pain, like little needles on or in your skin
numb	to not have any feeling in that part of your body.
itchy	You want to scratch because it's _____
throbbing	hot, strong, pounding pain

Case Studies Worksheet

Level 4/5

1. Kate is a 17 year old woman. She touched a hot stove and burned her right hand. Kate has mild pain in her right hand. She rates her pain 3 out of 10. The pain is intermittent and itchy. 30 minutes later, Kate goes to the clinic for medical help. A nurse sees Kate and asks her some questions. How would Kate answer the nurse's questions?

Nurse: Where do you have pain?

Kate: I have pain in my _____.

Nurse: How much pain do you have?

Kate: I have _____ pain.

Nurse: What would you rate your pain out of 10?

Kate: I would rate my pain _____ out of 10.

Nurse: When did your pain start?

Kate: My pain started _____ - _____ ago.

Nurse: Is your pain constant or intermittent?

Kate: My pain is _____.

Is Kate's pain acute or chronic? _____

2. John is a 28 year old man. He hit a tree while riding his bike three years ago and continues to have moderate pain in his left arm and it is moving into his fingers. He rates his pain 5 out of 10. The pain is constant. John goes to the doctor. A nurse sees John and asks him some questions. How would John answer the nurse's questions?

John: I can't use my computer.

Nurse: Where do you have pain?

John: I have pain in my _____.

Nurse: How much pain do you have?

John: I have _____ pain.

Nurse: What would you rate your pain out of 10?

John: I would rate my pain _____ out of 10.

Nurse: When did your pain start?

John: My pain started _____ ago.

Nurse: Is your pain constant or intermittent?

John: My pain is _____.

Is John's pain acute or chronic? _____

Is John's pain radiating? _____

3. **Bob is a 46 year old man. For the first time, he is having moderate pain in his chest and he feels it moving down his arm. He rates his pain 5 out of 10. The pain is constant and has a tingling feeling. 10 minutes later Bob's son drives Bob to St. Patrick's Hospital Emergency for medical help. A nurse sees Bob and asks him some questions. How would Bob answer the nurse's questions?**

Nurse: Where do you have pain?

Bob: I have pain in my _____.

Nurse: How much pain do you have?

Bob: I have _____ pain.

Nurse: What would you rate your pain out of 10?

Bob: I would rate my pain _____ out of 10.

Nurse: When did your pain start?

Bob: My pain started _____ ago.

Nurse: Is your pain constant or intermittent?

Bob: My pain is _____.

Is Bob's pain acute or chronic? _____

Is Bob's pain radiating? _____

4. **Millie is a 36 year old woman. She has a two year history of moderate back pain. She has been having severe back pain for the last two days. She feels throbbing pain down her legs, also. She rates her pain 9 out of 10. The pain is constant. Millie goes to St. Patrick's Hospital Emergency for medical help. A nurse sees Millie and asks her some questions. How would Millie answer the nurse's questions?**

Nurse: Where do you have pain?

Millie: I have pain in my _____.

Nurse: How much pain do you have?

Millie: I have _____ pain.

Nurse: What would you rate your pain out of 10?

Millie: I would rate my pain _____ out of 10.

Nurse: When did your pain start?

Millie: My pain started _____ ago.

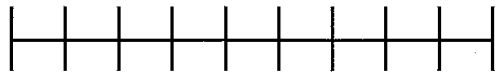







Nurse: Is your pain constant or intermittent?

Millie: My pain is _____.

Is Millie's pain acute or chronic? _____

Is Millie's pain radiating? _____

Pain Scale (wallet size)

<p style="text-align: center;">Pain Scale</p> <div style="text-align: center;">  </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"> Mild  </div> <div style="text-align: center;"> Moderate  </div> <div style="text-align: center;"> Severe  </div> </div>	<p style="text-align: center;">Pain Scale</p> <div style="text-align: center;">  </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"> Mild  </div> <div style="text-align: center;"> Moderate  </div> <div style="text-align: center;"> Severe  </div> </div>
<p>Pain Questions</p> <p>Where do you have pain? I have pain in my _____.</p> <p>How much pain do you have? I have _____ pain.</p> <p>What would you rate your pain out of 10? I would rate my pain _____ out of 10.</p> <p>When did your pain start? My pain started _____.</p> <p>Is your pain constant or intermittent? My pain _____.</p>	<p>Pain Questions</p> <p>Where do you have pain? I have pain in my _____.</p> <p>How much pain do you have? I have _____ pain.</p> <p>What would you rate your pain out of 10? I would rate my pain _____ out of 10.</p> <p>When did your pain start? My pain started _____.</p> <p>Is your pain constant or intermittent? My pain _____.</p>