



## **DID YOU KNOW THAT WE CAN TEACH OUR PATIENTS ABOUT THE “PAIN CYCLE”?**

The “pain cycle” is a trap that can be hard to escape.

Pain creates anxiety – this makes muscles tense; tension and anxiety can increase pain and make it hard to sleep.

Fatigue sets in – this can drain a person’s strength and lead to depression, which can worsen pain.

The cycle begins again – as pain increases so does anxiety. With each trip around the pain cycle, pain, anxiety and depression becomes more intense.

Treatment can break the pain cycle – don’t wait for pain to become a problem. The longer pain goes untreated the harder it is to relieve.

## **WHAT IS AN M.S.D.S.?**

M.S.D.S. stands for material safety data sheet. All chemicals used in the hospital and identified as hazardous must have an MSDS to explain risks and hazards for these substances. Each department has a red notebook for their specific area.

## **IT’S GARDENING TIME AGAIN**

First plant five rows of peas

**P**atience

**P**reparation

**P**romptness

**P**urity

**P**erseverance

Then plant four rows of lettuce

**L**et us be faithful to duty

**L**et us be unselfish and loyal

**L**et us be true to our obligations

**L**et us love one another

Next plant three rows of squash

**S**quash gossip

**S**quash criticism

**S**quash indifference

A garden would not be complete without turnips

**T**urn up for important meetings

**T**urn up with a smile

**T**urn up with new ideas

**T**urn up with determination to make everything count for something and be worthwhile.