

# CHARTER OF RIGHTS AGAINST UNNECESSARY PAIN

Cittadinanzattiva (Activecitizenship) is a citizens' organisation firmly rooted throughout Italy. It is composed of individuals, groups and networks sharing the wish to establish citizens' role as an active subject in democracy everyday life. Activecitizenship's mission is based on **article 118 of the Italian Constitution** which recognises the value of citizens' independent initiatives, whether as individuals or associations, in performing activities of public interest by constraining public authorities to promote their development.

In order to fulfill such a mission, Activecitizenship established a system of networks and specific services in the fields of health, public services and the promotion of justice, and **training rights**.

Namedly, the Tribunal for Patient's Rights, which promoted the **Stop pain per force** campaign, is the Activecitizenship network operating to safeguard rights and encourage civic participation in the sphere of health and care services.

The Tribunal of Patient's Rights, organised into local offices located throughout the country, operates thanks to the work of 10,000 citizens working in hospitals and local services.

Every individual has the right to know that pain does not necessarily have to be put up with, and that much suffering can be alleviated by adopting the right treatment. Since its significant influence on the quality of life, pain should be eliminated or at least reduced in all those cases where it is possible to do so.

The right not to suffer unnecessarily must be recognised and respected in any case and everywhere, both in hospital wards and in long term care facilities, as well as in the A&E and in patient's homes.

This **"Charter of rights against unnecessary pain"** intends to inform citizens about pain and promote its prevention, control and treatment; the subscription of the Charter is entrusted to citizens' organisations involved in safeguarding health rights, as well as healthcare professionals and the various institutional bodies exerting governing responsibilities at different levels.

## 8 rights against UNNECESSARY PAIN



The Tribunal for patients' rights is part of Active citizenship network



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In collaboration with:

- ANMAR, Associazione Nazionale Malati Reumatici**
- ANTEA onlus**
- Azienda Ospedaliera Le Molinette di Torino**
- FIMMG, Federazione Italiana Medici di Medicina Generale**
- SIAARTI, Società Italiana di Anestesia, Analgesia, Rianimazione e Terapia Intensiva**
- SIFO, Società Italiana Farmacisti Ospedalieri**
- SIMG, Società Italiana di Medicina Generale**
- SIOT, Società Italiana di Ortopedia e Traumatologia**
- SIR, Società Italiana Reumatologia**

The charter can be underwritten by all those civic organisations and subjects which are willing to do so.

# Charter of rights against **UNNECESSARY PAIN**

## **1** Right **not to suffer unnecessarily**

Every individual has the right to have its pain alleviated as efficiently and rapidly as possible.

## **2** Right **to acknowledgement of pain**

Every individual has the right to be listened to and believed when reporting personal pain.

## **3** Right **to access pain therapy**

Every individual has the right to access the treatment needed to alleviate its pain.

## **4** Right **to qualified assistance**

Every individual has the right to receive pain assistance, in observance of the latest, approved quality standards.

## **5** Right **to continued assistance**

Every person has the right to have its pain alleviated continuously and assiduously throughout all phases of illness.

## **6** Right **to a free, informed choice**

Every person has the right to actively participate in the decisions made regarding its pain management.

## **7** Right **of children, the elderly and those “without a voice”**

Children, the elderly and “sensitive” subjects have the same right not to suffer unnecessary pain; special consideration should be given to their particular status.

## **8** Right **not to suffer pain during invasive and non-invasive diagnostic tests**

Anyone having to undergo diagnostic tests, especially those which are invasive, must be treated in such a manner as to prevent episodes of pain.