

Caregiver Role in Pain Assessment and Management – Figure 1

Follow the steps listed below for loved ones who can communicate and reliably express pain. Items in **blue** ink are resources provided on this website to support pain assessment. Questions in **red ink** assist in moving on to next steps.

Step 1: Help to identify potential causes of pain- and assist loved one to document in Pain Diary to share with their Healthcare team. Goal: Identify pain cause, what makes pain worse, where pain located, intensity, etc.

[Pain Assessment & Pain Conditions Information](#)

Step 2: Attempt self-report of pain presence and intensity with loved one.

Ask about pain right now at rest or during movement/ activity. If loved one is reluctant to report “pain,” try alternative words such as “hurt,” “ache,” or “sore.” **Is pain present?**

[Pain Assessment: One Minute Pain Assessment](#)

NO

No action needed. Continue to monitor for pain regularly and document information in Pain Diary.

YES

Reluctant to complain of pain

Step 3: Obtain self-report and observe pain impact on function and sleep.

Use a self-report pain scale with loved one to assess pain intensity and its impact on function. **Is pain tolerable?**

[Pain Assessment: Selected Pain Assessment Tools](#)

NO

Observe loved one for pain-related behaviors and document in Pain Diary to share with healthcare team.

YES

No action needed. Continue to monitor for pain regularly and document information in Pain Diary.

Step 4: Involve all who regularly interact with loved one in assessment.

Include others familiar with patient in recognizing signs of pain and its impact.

[Pain Assessment: One Minute Pain Assessment](#)

Step 5: Work with Healthcare Team to develop a comprehensive plan for management.

Share information gathered on pain diary to assist loved one’s healthcare team to develop treatment plan to address comfort, function, mood, and sleep.

Treatment goals met? Pain controlled?

[Communication with Healthcare Provider: Pain Diary](#)

YES

Document and continue to monitor for pain regularly and document information in Pain Diary.

NO

Speak with Healthcare team about re-evaluating treatment plan and a possible referral to pain specialist.

[Communication with Healthcare Provider: Medical Appointment Tool](#)