

Pain Diary

A **Pain Diary** is used to monitor pain over time, collect data on possible pain triggers and provide information for a healthcare provider to make best treatment decisions. Document your pain experience on the attached page once per day, unless you have an identified new &/or different pain (i.e. in another location, etc.). Bring the Pain Diary to the next appointment with your provider.

Use the following Rating Scales from the “*PEG (Pain, Enjoyment, General Activity) Scale for assessing Pain Intensity and Interference*” to indicate your pain rating level, the level pain interferes with your enjoyment of life, and the level pain interferes with your general activity.

PEG Scale Assessing Pain Intensity and Interference (Pain, Enjoyment, General Activity) (From Krebs et al, 2009)

PAIN RATING

0	1	2	3	4	5	6	7	8	9	10
No pain										Pain as bad as you can imagine

PAIN INTERFERENCE WITH ENJOYMENT OF LIFE

0	1	2	3	4	5	6	7	8	9	10
Does not interfere										Completely interferes

PAIN INTERFERENCE WITH GENERAL ACTIVITY

0	1	2	3	4	5	6	7	8	9	10
Does not interfere										Completely interferes

References:

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Krebs, E. E., Lorenz, K. A., Bair, M. J., Damush, T. M., Wu, J., Sutherland, J. M., Asch, S. M., & Kroenke, K. (2009). Development and initial validation of the PEG, a three-item scale assessing pain intensity and interference. *Journal of general internal medicine*, 24(6), 733–738. <https://doi.org/10.1007/s11606-009-0981-1>.

Scher, C., Petti, E., Meador, L., Van Cleave, J. H. (2020). Multidimensional pain assessment tools for ambulatory and inpatient nursing practice. *Pain Management Nursing*, 21(5), 416-422. <https://doi.org/10.1016/j.pmn.2020.03.007>.