

## FAST FACTS: Using a 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. It is often said the patient is the most important person in the pain management process and maintaining a Pain Diary is an important way to document your pain experience to share with your healthcare provider.

### ✓ Why to complete a Pain Diary

- Primary Care Provider (PCP) or Specialist has asked you to track pain
- Provides a written history of pain issues that can be shared with your healthcare provider and can support better treatment decisions

### ✓ When to complete a Pain Diary

- On a routine basis to track pain, preferably daily
- For additional acute pain episodes as they occur

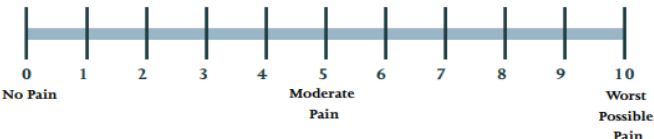
### ✓ What to track on a Pain Diary


- ✓ Date/Time
- ✓ Location of pain
- ✓ Intensity of pain
- ✓ Impact of pain on function
- ✓ Aggravating factors (what were you doing when pain started/increased?)
- ✓ Treatments tried
- ✓ Other problems or side effects

### PAIN DIARY EXAMPLE

**Daily Pain Diary**

Date  
\_\_\_\_\_





Pain as bad as it could be  
Extreme Pain  
Severe Pain  
Moderate Pain  
Mild Pain  
Slight Pain  
No Pain

Use this diary to record your pain and what you did to treat it. This will help your health care provider to understand your pain better. Fill in the information and bring the journal with you to your next appointment. If your pain is not relieved by your treatment, call your health care provider.

Time	Where is the pain? Rate the pain (0-10), or list the word from the scale that describes your pain.	What were you doing when the pain started or increased?	Did you take medicine? What did you take? How much?	What other treatments did you use?	After an hour, what is your pain rating?	Other problems or side effects? Comments.

decrease or avoid pain