

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.) and bring the Pain Diary to the next appointment with your healthcare 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)

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

Source.

Krebs, E. E., Lorenz, K. A., Bair, M. J., Damush, T. M., Wu, J., Sutherland, J. M., Asch S, 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. <http://doi.org/10.1007/s11606-009-0981-1>

Revised 6/2019

Use the rating scales provided on page 1 to determine your Pain Rating, Pain Interference (PI)- Enjoyment of Life, and Pain Interference (PI)- General Activity.

Document your pain experience at least once per day, unless you identify a new/different pain (i.e. a new location, etc.), then document each unique situation.

Date/ Time	Pain Location (Note any areas causing pain)	Pain Rating (0-10)	PI- Enjoyment of Life (0-10)	PI- General Activity (0-10)	What triggered your pain?	Treatments Tried medicine (specify drug and dose) non-drug treatment (e.g. heat, cold, exercise, massage, distraction, music, splinting)	Pain Rating 1hr after treatment (0-10)

Source.
Krebs, E. E., Lorenz, K. A., Bair, M. J., Damush, T. M., Wu, J., Sutherland, J. M., Asch S, Kroenke, K. (2009).
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