

Pain Diary

A **Pain Diary** is a tool to record information on pain over time and collect data on things that possibly cause that pain. It is used to provide information for a healthcare provider to make best treatment decisions. Document your pain experience on the attached page once per day or any time you see a change in pain or suspect a new or different pain problem. Bring the Pain Diary to the next appointment with your healthcare provider.

- Use the [Iowa Pain Thermometer-Revised](#) to provide a self-report of pain severity. See Pain Thermometer tool below.
- The [PAINAD](#) is a tool for use with patients who cannot provide a self-report of pain.

NOTE: Where a pain rating is requested, 0 is the lowest level and 10 is the highest level.

Date/ Time	Pain Location (Note any areas causing pain)	Self-Report Pain Rating (0-10)	PAINAD no self-report (0-10)	What triggered the pain report or behavior?	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)	Additional Comments

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Iowa Pain Thermometer-Revised

Use: Good for use with any patient, including those with moderate to severe cognitive impairment or who have difficulty communicating verbally. Have the patient point to the word on the thermometer that best shows how bad or severe their pain is now.

Iowa Pain Thermometer_Revised

Scoring: Document the words the patient points to on this tool. Evaluate the pain intensity over time to determine the effectiveness of pain treatments and need for changes to treatment.

Iowa Pain Thermometer-Revised

Circle a number on the Pain Thermometer below that best represents the intensity of the pain right now.

