

Family Caregiver 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.

If your family member is cognitively intact, you can use the Pain Diary created for older adults. If your family member has difficulty communicating information about their pain, use the Pain Dairy in this resource.

Document your family member's pain experience on the attached page regularly (once per day or per week) or any time you see a change in behavior or suspect a new or different pain problem.

Bring the Pain Diary to the next appointment with your family member's healthcare provider.

- Use the Iowa Pain Thermometer-Revised with your family member, if they are able to provide a self-report of their pain severity. See Pain Thermometer tool below.
- Use the [PAINAD](https://geriatricpain.org/painad) with your family member(s), if they are unable to provide a self-report of pain. If you need this tool, please click this link to access on Geriatricpain.org. <https://geriatricpain.org/painad>

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,	Pain Rating 1hr after treatment (0-10)	Additional Comments

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Iowa Pain Thermometer-Revised

Use: Good for use with any older adult, including those with moderate to severe cognitive impairment or who have difficulty communicating verbally. Have the older adult say, point to, or circle the words or numbers on the thermometer that best shows how bad or severe their pain is NOW.

Scoring: Document the words or number the older adult points to or circles or says 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, point to, or say the number or words on the Pain Thermometer below that best represent the intensity of your pain right NOW.

