

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 Pain Diary regularly (once per day or per week) 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 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. To obtain the total PEG score, add the three numbers and divide by 3 to get the mean overall pain impact.

Use the Iowa Pain Thermometer-Revised to provide a self-report of pain severity if difficult obtaining self-report with the PEG. See Pain Thermometer tool below.

NOTE: Where a pain rating is requested, 0 is the lowest level (no pain) and 10 is the highest level (pain as bad as imaginable).

Date/ Time	Pain Location (Note any areas causing pain)	Self-Report Pain Rating (0-10)	Pain Interference with Enjoyment of life (0-10)	Pain Interference with General Activity (0-10)	Final PEG Score (0-10)	What triggered the pain report or behavior?	Treatment 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)

Date/ Time	Pain Location (Note any areas causing pain)	Self-Report Pain Rating (0-10)	Pain Interference with Enjoyment of life (0-10)	Pain Interference with General Activity (0-10)	Final PEG Score (0-10)	What triggered the pain report or behavior?	Treatment 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)

Iowa Pain Thermometer-Revised

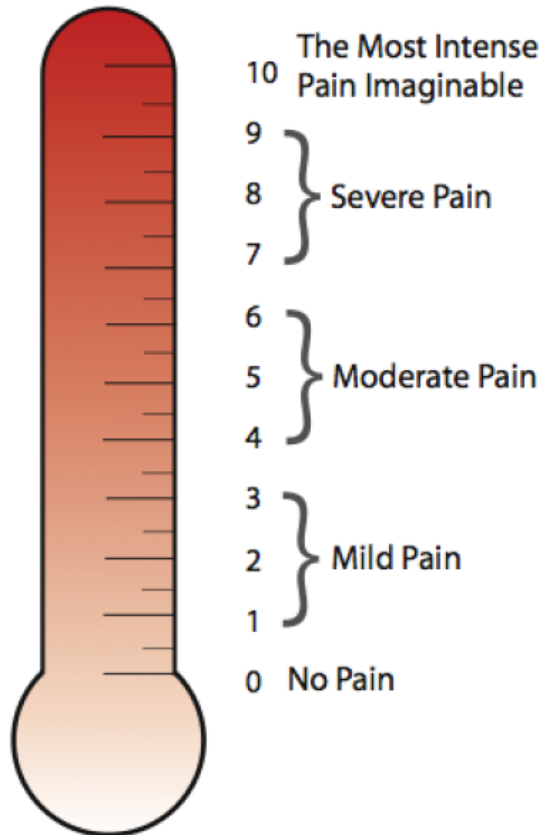
Use: Good for use with any patient, including those with moderate to severe cognitive impairment or who have difficulty communicating verbally. Have the patient point to the word on the thermometer that best shows how bad or severe their pain is NOW.

Scoring: Document the words or number the patient 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.



The **PEG Tool** is used to track pain and how it interferes with your daily life. For each question, circle the number that best describes your experience over the past week (*Adapted from Krebs et al., 2009*).

1. What number best describes your pain on average in the past week?

0	1	2	3	4	5	6	7	8	9	10
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2. What number best describes how, during the past week, pain has interfered with your enjoyment of life?

0	1	2	3	4	5	6	7	8	9	10
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3. What number best describes how, during the past week, pain has interfered with your general activity?

0	1	2	3	4	5	6	7	8	9	10
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Final PEG Score: Add the 3 numbers from above and divide by 3 to obtain the total average pain score.

References:

1. Krebs EE, Lorenz KA, Bair MJ, Damush TM, Wu J, Sutherland JM, Asch SM, Kroenke K. Development and initial validation of the PEG, a three-item scale assessing pain intensity and interference. *J Gen Intern Med*. 2009 Jun;24(6):733-8. doi: [10.1007/s11606-009-0981-1](https://doi.org/10.1007/s11606-009-0981-1). Epub 2009 May 6.