

## CAREGIVER 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 family member's pain experience on the attached page once per day 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](#)

Use the *PAINAD* with your family member, if they are unable to provide a self-report of pain. See [PAINAD](#)

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

