ONGOING PAIN ASSESSMENT

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Pain Diary

For_____

To help us keep track of how well your pain medicine is working, please record your pain level—3 times a day for the next week—on the chart below. Also, indicate how pain has affected your daily activities, if at all. We'd also like you to write down any side effects you feel may have been caused by your pain medicine, when they occurred, and what you did about them. Bring this diary with you on your next visit. Our goal is to provide you maximum pain relief and the highest level of function with minimal side effects.

Pain Diary for week of _____

Place an X in one box, 3 times each day

		Day			Day			Day			Day			Day			Day			Day		
		Morning Pain	Midday Pain	Night Pain	Morning Pain	Midday Pain	Night Pain	Morning Pain	Midday Pain	Night Pain	Morning Pain	Midday Pain	Night Pain	Morning Pain	Midday Pain	Night Pain	Morning Pain	Midday Pain	Night Pain	Morning Pain	Midday Pain	Night Pain
Worst Pain Imaginable	10																					
	9																					
	8																					
	7																					
	6																					
	5																					
	4																					
	3																					
	2																					
	1																					
No Pain	0																					
Rescue Doses Needed																						
Current Regimen																						
Dosage Adjustments (if any)																						

Circle the numbers below that best describe how pain has interfered with your daily functioning this past week.

0 = Does not interfere 10 = Completely interferes

General Activity	0	1	2	3	4	5	6	7	8	9	10
Mood	0	1	2	3	4	5	6	7	8	9	10
Walking Ability	0	1	2	3	4	5	6	7	8	9	10
Normal Work Routine	0	1	2	3	4	5	6	7	8	9	10
Relations With Other People	0	1	2	3	4	5	6	7	8	9	10
Sleep	0	1	2	3	4	5	6	7	8	9	10
Enjoyment of Life	0	1	2	3	4	5	6	7	8	9	10
Ability to Concentrate	0	1	2	3	4	5	6	7	8	9	10
Appetite	0	1	2	3	4	5	6	7	8	9	10

Please list any side effects that you feel may have been caused by your pain medicine.

Side Effects	When	Doctor's Instructions	What You Did About Them