

Greenwich Hospital
P A I N C O N T R O L R E C O R D

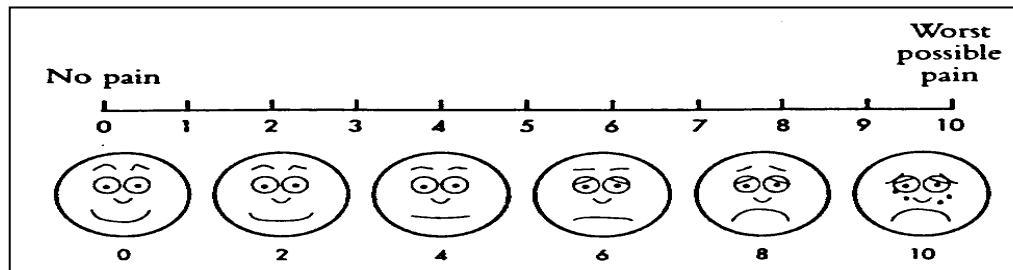
What to do: Keep this record until you and your physician regulate the dose of medicine that provides satisfactory pain relief for you most of the time. After that, you only need to keep this record when you are having problems related to your pain medications. **Notify your physician if your pain rating increases and/or prevents you from performing your normal activities.**

Name: _____

Date: _____

MY GOALS – Comfort function pain rating : _____ Activities: _____

My pain rating scale:



Time	Pain Rating	Medication and Dosage Taken:	Side Effects	Pain Rating One Hour After Medication Taken/Effectiveness:

PAIN MANAGEMENT

PATIENT INFORMATION SHEET

Why is pain management important?

Pain that is controlled effectively allows for greater comfort during healing and more participation in the activities associated with healing. Pain that is well managed allows for walking, doing breathing exercises and other activities that promote strength and prevent complications.

How can I be involved in pain management?

Discuss your pain management options with your nurse or physician. Be sure to address the following:

- Pain medications that have worked well (or not so well) for you in the past.
- Concerns that you have about taking pain medication.
- Side effects associated with your pain management program.
- Alternative strategies for managing mild to moderate pain or to boost the effect of pain medications (such as ice packs, massage, meditation, TENS, relaxation techniques).
- Keeping a record of the effects of medications or other pain relief measures on your pain score (see Pain Control Record).
- Setting a comfort function goal that includes your pain rating and activities that are important to you. A comfort function goal is the level you need your pain to be at in order to comfortably deep breathe, get out of bed, walk, and perform other activities that promote healing.

What is the Pain Rating Scale?

A pain rating scale is a visual tool used to help patients “measure” their pain. Pain is rated on a scale of 0 to 10. A zero equals “no pain” and a 10 equals “the worst imaginable pain”. Learning how to use the pain rating scale is an important step towards communicating with your physician and nurse, conveying how well your treatment plan is working and whether or not changes are needed.