

# Pain Diary



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## How to use your pain diary

- 1. Start by recording when you feel the pain** – there's space to note the date and time. You can fill in the diary as often as you need to. If your pain isn't well controlled, you may want to fill it in every 1 to 2 hours, but if it's better controlled then you can fill it in every 4-6 hours.
- 2. Record where the pain is on your body** – you can use the diagrams on the opposite page. It could be in one area or in lots of areas.
- 3. Describe what the pain feels like.** You could use the words on the next page to help you.
- 4. Rate the level of pain on a scale of 0 to 4**, where 0 means no pain and 4 means overwhelming pain.
- 5. Write down the medications you've used and any other treatments or therapies that have helped manage your pain.** Record anything that made the pain better or worse.

All of this information will help you and your healthcare team find the best way to manage your pain.





If your pain is in more than one place, you may want to use an extra copy of this diary.

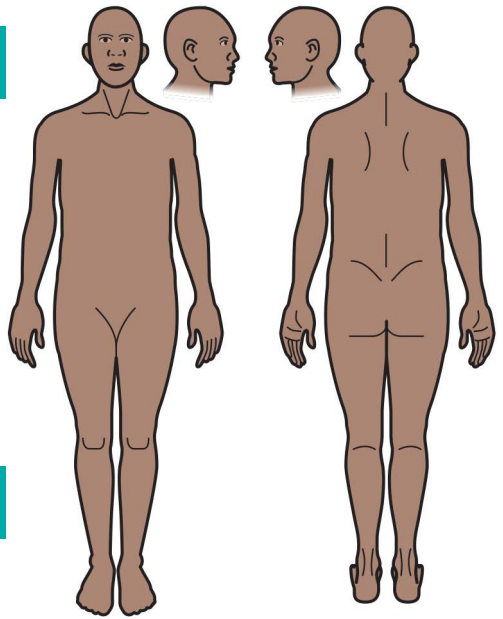
| <b>What medicines and treatments have you used?</b> | <b>What makes your pain better?</b> | <b>What makes your pain worse?</b> |
|---|-------------------------------------|------------------------------------|
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## Where is your pain?

Is it in one part of your body or in more than one place?

You can use the diagrams opposite to mark where your pain is.

If you have more than one area of pain, label them A, B, C and so on (with A being the pain that upsets you the most).



## What is your pain like?

Use any of the following words that best describe your pain:

- aching
- dragging
- numb
- smarting
- biting
- dull
- penetrating
- sore
- blunt
- excruciating
- piercing
- spreading
- burning
- frightful
- pins and needles
- stabbing
- cold
- gnawing
- prickling
- stinging
- come and goes
- hot
- radiating
- tender
- constant
- intense
- scratchy
- throbbing
- crushing
- nagging
- sharp
- tingling
- cutting
- nauseating
- shooting
- unbearable.
- niggling

## Numbered pain scale

How bad is your pain? If you measured it on a scale of 0 to 4, how would you rate it?

**0** – no pain at all

**1** – slight pain

**2** – moderate pain

**3** – severe pain

**4** – overwhelming pain

***Large print version available on request.***

This Pain Diary is based on an original version produced by Macmillan Cancer Support.

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