# **Tequesta Family Practice**

### **Ongoing Pain Assessment 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. Our goal is to provide you maximum pain relief and the highest level of function with minimal side effects.

Circle the numbers below that best describe how pain has <u>interfered</u> 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

## Pain Diary for week of \_\_\_\_\_

Place an X in one box, 3 times each day																				
		Day		Day			Day			Day			Day			Day			Ľ	
		Morni ng Pain	M id day Pa i n	N i g h t P a i n	M orn ing Pain	M id day Pa i n	N i g h t P a i n	Morning Pain	Midday Pain	N ig h t P a i n	M orn i n g P a i n	M id day Pa i n	N ig h t P a i n	M orn ing Pain	M id ay Pa in	N ig h t P a i n	M orn ing Pain	Midday Pain	N i g h t P a i n	M o r n g P a i n
Worst Pain Imaginable	10																			
	9																			
	8																			
	7																			
	6																			
	5																			
	4																			
	3																			
	2																			
	1																			
No Pain	0																			
Rescue Doses Needed																				
Current Reg	imen																			
Dosage Adjustments (if any)																				

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

 Side Effects
 When
 What you did about it
 Doctors Suggestions