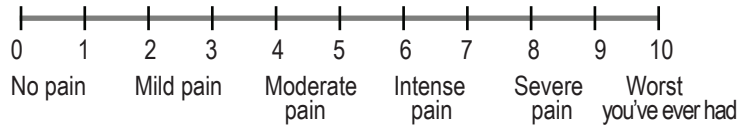


Daily Pain Journal

Here's an example of a daily pain journal that can be used to record pain.



Date: _____

Rating your pain

Using a pain scale helps to describe how much pain you have. For instance, try to put a number from 0 to 10 to your pain level. If you have no pain, use a 0. As the numbers get higher, they stand for worse pain. A 10 means it is the worst pain you've ever had. You might say "My pain is a 7 on a 0 to 10 scale" or "a 2 on a 0 to 10 scale."

Time	Pain rating (0 to 10)	Where is the pain and how does it feel? (ache, sharp, throbbing, shooting, tingling, etc.)	What were you doing when the pain started or got worse?	Did you take pain medicine? What did you take? How much? When?	What else did you do to ease your pain (e.g., rest, ice, heat)?	How long did the pain last?	An hour after the medicine, what is your pain rating? (0 to 10)	Include notes about benefits (for example, better able to sleep, eat, be active) and/or side effects causing problems (such as constipation, drowsiness) here

Notes or Comments:

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