

# Daily Pain Diary

Having pain when you have cancer is common and can affect many parts of your life. Sometimes, the pain is from the cancer treatment, the cancer itself, or some other cause. It's important to know that cancer pain may not always be completely relieved, but it can always be treated in some way.

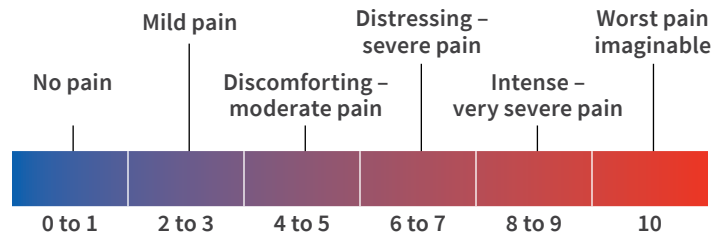
Only you know how much pain you have. Your cancer care team and loved ones have no way of knowing about your pain unless you tell them. It helps to use words that clearly describe your pain. Tell your team:

- **Where you feel pain** – Be specific, for instance: “the lower left side of my back.”
- **What it feels like** – Some words to use are:
  - Sharp – like a bad cut
  - Dull – like a sore muscle/muscle ache
  - Throbbing – like a headache
  - Steady – like a toothache or sore throat
  - Burning – like a bad sunburn
- **How severe the pain is** – Use the 0-to-10 pain scale tool described at right.
- **How long the pain lasts** – for example, minutes, hours, days
- **What eases the pain** – for instance, cold compresses, heat, repositioning, medicines
- **What makes the pain worse** – for example, moving, changing positions, it gets worse in the evening, etc.
- **What pain medicines you are taking**, when you take them, and how much relief you get from them

Talk to your cancer care team about developing a pain control plan that is best for you.

## Tools for rating your pain

Using a pain scale helps to describe how much pain you have. For instance, try to rate your pain with a number from 0 to 10. If you have no pain, use a 0. Using higher numbers means 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.”



You can use this 0-10 rating scale to describe:

- How bad your pain is at its worst
- How bad your pain is most of the time
- How bad your pain is at its least

Ask your cancer care team if they have another pain rating tool, such as the FACES pain scale, to use if you don't think numbers are the best way to describe your pain.

It can be hard to remember the details every time you have pain. Use the diary on the back of this sheet to record your pain and what you did to ease it each day and take it with you to your next appointment. In the notes column, you may want to write how you felt after taking any medicine as well as any side effects causing problems (such as constipation, drowsiness, confusion). This will help your cancer care team understand your pain better.

If your pain is not relieved, tell your doctor or nurse. There are many ways to treat cancer pain. Work with your team to find the treatments that work best for you.

# Daily Pain Diary

Date & time	Pain score (0 to 10)	Where pain is and how it feels (sharp, aching, throbbing, shooting, tingling, etc.)	What I was doing when it started	Name and amount of medicine, and time it was taken	Pain score 1 hour after taking the medicine	How long the pain lasted	Non-drug techniques I tried	Other notes

