

Daily Pain Diary

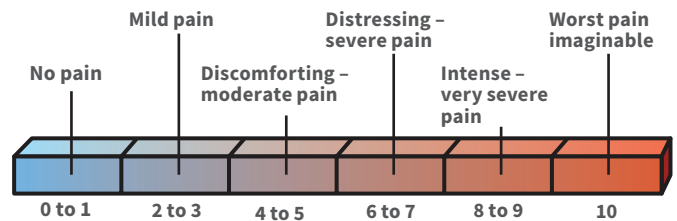
Many people with cancer have pain from cancer, cancer treatment, or some other cause. Having pain is *not* a normal part of cancer and cancer treatment. Nearly all cancer pain can be controlled or relieved. Good pain management is part of good cancer care.

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

Tools for 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 mean 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

It can be hard to remember the details every time you have pain. The diary on the back of this sheet will help you keep track of your pain so you can tell your doctor or nurse exactly how you’ve been feeling. This will help your cancer care team understand your pain better.

Use this diary to record your pain and what you did to ease it each day. Fill in the chart, and take it with you to your next appointment. In the notes column you may want to write how you felt after taking the medicine, (for example, better able to sleep, eat, be active) and/or side effects causing problems (such as constipation, drowsiness, confusion).

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.

