

IS THIS FOREVER?
 I IGNORE IT
 I AM NO LONGER INDEPENDENT
 LIVING EACH DAY IS A STRUGGLE
 I CAN'T CONCENTRATE
 WALKING IS HARD
 I START OK, BUT I GO DOWNHILL
 I ADAPT TO IT
 ROLLERCOASTER
 WHAT WILL TOMORROW LOOK LIKE?
 I NEED BED REST
 DRESSING IS DIFFICULT



Living with pain?

Do you suffer with pain?

If so, this pain assessment* is for you.

You may feel pain as a particular symptom: stabbing, burning, throbbing... but it is so much more than that. To understand your pain, its cause, manifestation, and how to manage it, you need context. This assessment can help you and your doctor track your pain and the triggers that might cause it.

A pain assessment is a useful tool to track your pain and the triggers that may cause it. You can log your pain daily, weekly or when you notice a change in your mood or pain. The more often that you track your pain and enter the details, the more you will understand how to best manage your pain. Once you have filled out your diary, it's a good idea to share and discuss it with your doctor. A deeper understanding of pain may help you or your doctor find better ways to manage it.

The assessment can help you to:

- ✔ Recognize the intensity and type of pain.
- ✔ Reveal the impact of pain on your quality of life.
- ✔ Identify pain triggers, such as stress or lack of sleep.
- ✔ Monitor how well pain relief strategies are working.

Understanding your pain assessment

There are four subscales:

My pain: indicates the degree of pain felt currently, along with your best, worst, and average pain during the past week, as well as whether you have felt less pain in the past week.

My feelings: how you felt in the past week for the following emotions: afraid, depressed, tired, anxious or stressed.

My self-care: asks about thoughts and behaviours related to your treatment outcomes and includes notes such as "During the past week I took fewer medications" and "During the past week I had more energy".

My activities: tracks your ability to perform daily activities such as doing chores in the home and walking up or down stairs.

* The pain assessment is based on the Global Pain Scale by Lynch, Gentile, McJunkin and Woodhouse (2014). It can be accessed here: Pain Doctor. Global Pain Scale. Available at: <http://www.paindoctor.com/global-pain-scale/>.

How to evaluate your pain using this pain assessment



Answering the following questions will help you and your doctor assess the severity of your pain, as well as its impact on your daily life. This allows you to work together to find ways to live well with less pain. Please make sure that you use a pencil, so that you can erase and re-use the pain scales for as long as you need. Print this page and the following page as many times as needed for future use.

1. My pain

- a. My current pain is

1	2	3	4	5	6	7	8	9	10
<i>No pain</i>					<i>Extreme pain</i>				
- b. During the past week, the **best** my pain has been is

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----
- c. During the past week, the **worst** my pain has been is

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----
- d. During the past week, my **average** pain has been

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----
- e. My target level of pain is

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

2. My feelings

During the past week I have felt:

- f. Afraid

1	2	3	4	5	6	7	8	9	10
<i>Strongly disagree</i>					<i>Strongly agree</i>				
- g. Depressed

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----
- h. Tired

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----
- i. Anxious

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----
- j. Stressed

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

3. My self-care

During the past week:

- k. I had trouble sleeping

1	2	3	4	5	6	7	8	9	10
<i>Strongly disagree</i>					<i>Strongly agree</i>				
- l. I had trouble feeling comfortable

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----
- m. I was less independent

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----
- n. I was unable to work (or perform normal tasks)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----
- o. I needed to take more medication

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

4. My activities

During the past week I was NOT able to:

- p. Go to the store

1	2	3	4	5	6	7	8	9	10
<i>Strongly disagree</i>					<i>Strongly agree</i>				
- q. Do chores in my home

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----
- r. Enjoy my friends and family

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----
- s. Exercise (including walking)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----
- t. Participate in my favorite hobbies

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Brought to you by:



#ListenToPain

Calculating your weekly scores using this pain assessment

Please make sure that you use a pencil, so that you can erase and re-use the pain scales for as long as you need.
OR, print this page as many times as needed for future use.

Scoring

Add up the total assessment scores from the categories from page 2 and divide by 2, matching each with the corresponding letter. The maximum total score per week is 100.

Week of (Date) _____

1. My pain Total
 + + + + = ÷2
a b c d e

2. My feelings
 + + + + = ÷2
f g h i j

3. My self-care
 + + + + = ÷2
k l m n o

4. Activities
 + + + + = ÷2
p q r s t

Total score /100

Week of (Date) _____

1. My pain Total
 + + + + = ÷2
a b c d e

2. My feelings
 + + + + = ÷2
f g h i j

3. My self-care
 + + + + = ÷2
k l m n o

4. Activities
 + + + + = ÷2
p q r s t

Total score /100

Week of (Date) _____

1. My pain Total
 + + + + = ÷2
a b c d e

2. My feelings
 + + + + = ÷2
f g h i j

3. My self-care
 + + + + = ÷2
k l m n o

4. Activities
 + + + + = ÷2
p q r s t

Total score /100

Week of (Date) _____

1. My pain Total
 + + + + = ÷2
a b c d e

2. My feelings
 + + + + = ÷2
f g h i j

3. My self-care
 + + + + = ÷2
k l m n o

4. Activities
 + + + + = ÷2
p q r s t

Total score /100

Please add any additional notes that either have helped or made your pain worse over the past couple weeks:

Talk to your doctor about what your pain management goal should be.

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