

Pain Management Log for Patients

You and your family are partners with the healthcare team in managing your pain. Nearly all pain can be controlled or reduced. It is important for you to share information about your pain with your healthcare provider. The best way to do this is to use a pain scale.

A pain rating scale is a tool you can use to help explain how much pain you feel and to set goals for pain relief. Your healthcare provider will ask you to rate your pain using one of the scales below.

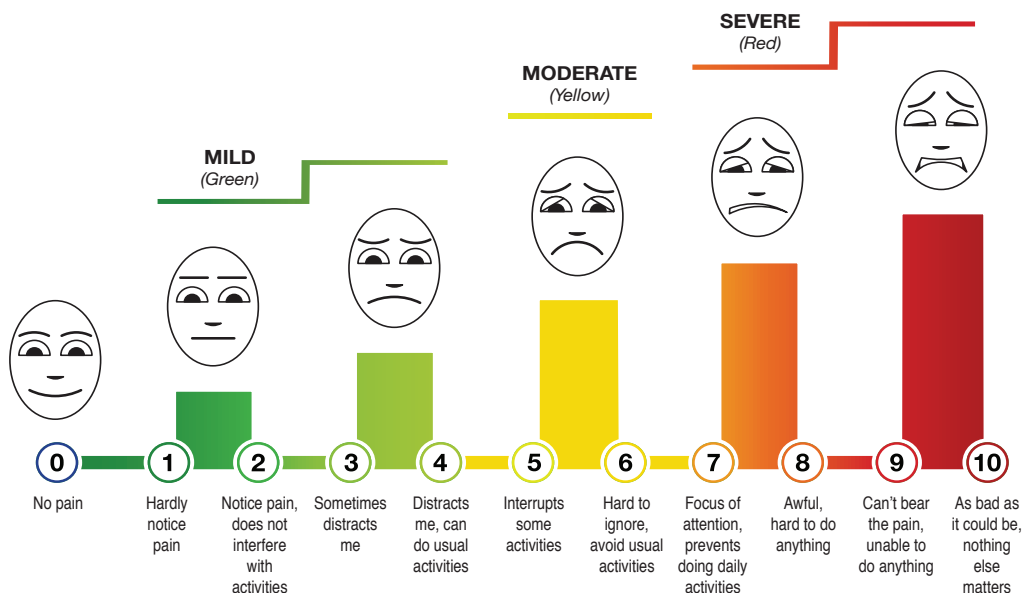
Pain Scales

Use the same pain scale each time you rate your pain. Your healthcare provider may ask you to keep a pain log. This helps you and your healthcare provider know if the steps you are taking to control your pain are working.

Defense and Veterans Pain Rating Scale (DVPRS)

Choose the face that shows how much pain you feel or use the number under that face to rate your pain.

Defense and Veterans Pain Rating Scale

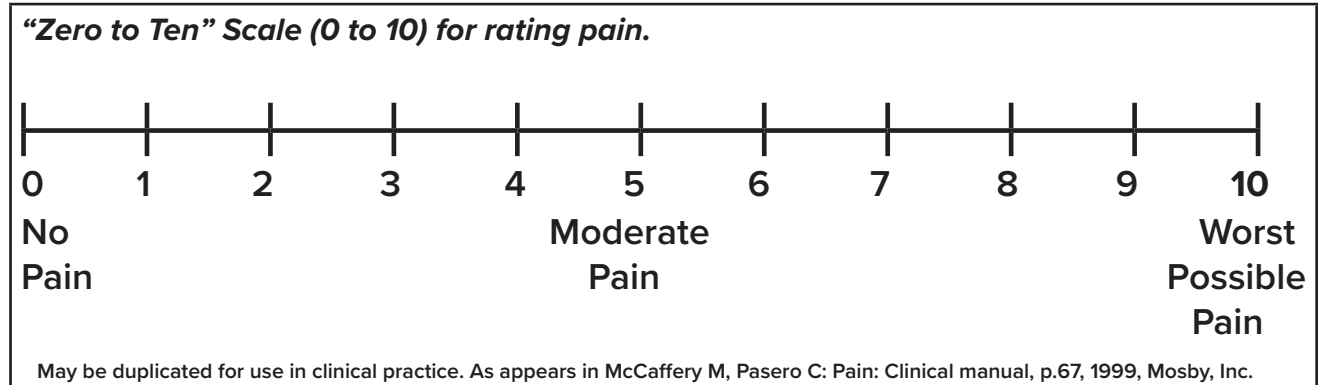


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This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

0 to 10 Number Pain Rating Scale

Choose the number that shows how much pain you feel. Use this number to rate your pain.



Faces Pain Rating Scale

Choose the face that shows how much pain you feel and use the number under that face to rate your pain.

Wong-Baker FACES® Pain Rating Scale



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Pain Management Log – Use numbers 0 (no pain) to 10 (worst pain) to rate your pain on the log.

Date	Time	How bad is your pain?	What activity were you doing when you rated your pain?	What medicine did you take for your pain?	How bad was your pain 1 hour after taking medicine?	How bad was your pain 3 hours after taking medicine?