

PAIN DIARY

Many people who have cancer have pain from cancer, its treatment or other noncancer related health problems. If you have pain, please talk to your health care team.

MEASURING THE SEVERITY OF PAIN

The first step in measuring pain is to find out how bad it is at the moment. The pain severity scale called the *Wong-Baker FACES Pain Rating Scale* can help you talk with your health care team more **exactly** about your pain.

Looking at the faces on the scale, zero (0) describes no pain and 10 describes worst pain imaginable. In general, a pain level of:

1 to 3 is mild pain | 4 to 6 is moderate pain | 7 to 10 is severe pain

Wong-Baker FACES® Pain Rating Scale



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SPECIALISTS ARE AVAILABLE

Remember, pain is our body's natural response to trauma, but it can be well managed. If your pain persists, City of Hope has pain specialists who are trained in various treatments that may help. Ask your health care team for a referral.

Use the Pain Diary to track your pain and the time that you take your pain medicines. Here are some instructions for using the log:

1. Write the date and time you took your pain medicine.
2. Write the name of the medicine.
3. Pick your pain level using a 0-10 rating from the *Wong-Baker FACES Pain Rating Scale* (above). This will help you and your health care team to know if the medications you are taking for pain are working well or if they need to be adjusted.
4. If you take medicine for pain, follow up in 45 minutes or so to see if you are having relief and make a note of that.
5. If you are eating or drinking, write it down. If you have nausea, write Yes or No.
6. In the *Notes* column, write down anything else that you think is important to note and share with your health care team.

The information you provide will improve your care and help your health care team and caregivers to know where your pain levels are. Bring this diary with you to your appointments.

PAIN DIARY

Name: _____

Date	Time	Medications taken	Pain rating (0-10)	Food and drink Yes/No	Do you have nausea? Yes/No	Notes

