Managing your pain

Penny Brohn UK
Living Well with Cancer

As much as your pain diary can help your doctors, it can help you even more. Keeping this record gives you the ability to regain a sense of control over your health, your life, and your pain management.

- Figure out pain patterns - identifying flare-up causes. Knowing these patterns can help you minimise or avoid pain.
- Better understand what works – giving you an idea of what therapies best alleviate your pain.
- Improve your communication with your doctor - better able to answer questions and participate more fully in your pain management.

Current medication

Possible side effects and interacting conditions can be very individual and might change with different medications.

Common examples might be: sleep, bowel movement, activity, mood, relationships, ability to work, nausea, appetite, fatigue

Medication	Prescription date	Regular	Changes	Daily dose	Side effects

Pain Diary

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Date and Time	Describe your pain	Rate your pain	What makes your pain worse?	What helped you get through the day?	Describe your activity level and mood	Comments
	(e.g. how long it lasts, where it is, whether it moves, what it feels like – dull, sharp, stabbing)	(0-10)		(medicine and non-medicine such as exercise etc.)	(Has the pain affected your daily life, including sleep, work social life)	(e.g. problems with medicines, how your pain affects your daily life – sleep, mood, work)