



# *My Pain Diary*



Coloplast



“Pain is what the patient says it is, and exists whenever they say it does”<sup>1</sup>

Pain is a very personal sensation. It isn't always easy to describe, explain or even remember.

This pain diary is designed to help you keep a record of your pain experiences, in order to find the most appropriate treatment to manage it.

You can keep a record of things that make your pain better or worse.

You can describe how your pain makes you feel, and also the way that it impacts your life.

## About you

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Clinician: \_\_\_\_\_

Clinician's contact number: \_\_\_\_\_

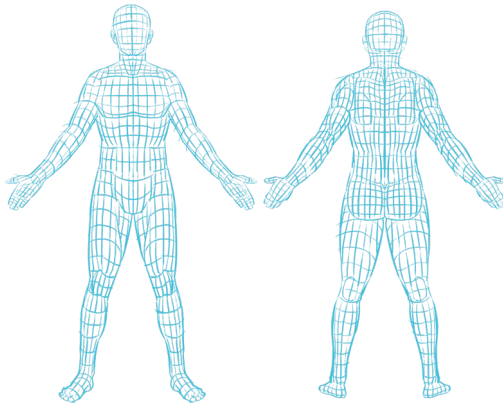
## Initial Assessment

Date: \_\_\_\_\_

(To be filled out in conjunction with the referring clinician)

Mark on the picture below where your wound is.

Put an X where you feel pain (Use a different colour if possible).



How long have you had the wound for?

\_\_\_\_\_

How is the wound currently being treated? (Specify dressings used)

\_\_\_\_\_

\_\_\_\_\_

How often is the wound dressing changed?

\_\_\_\_\_

What is your main concern/complaint about your wound at this time?

\_\_\_\_\_



What aspects of your life are affected by your wound pain?

☐ Wound dressing changes

☐ Sleep

☐ Walking

☐ Preparing meals

☐ Appetite

☐ Mood

☐ Visiting the bathroom

☐ Shopping

☐ Sexual activity

☐ Visiting friends/relatives

☐ Leisure

☐ Other, please specify below

.....

What medication have you been prescribed to take regularly for your pain and what is the dosage?

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Do you take your pain medication regularly?

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What do you do if the pain comes back before your medication is due?

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Are you getting any side effects from the current pain medication?

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What aggravates your pain?

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Is there anything else you do to help ease the pain?

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Does any of this help?

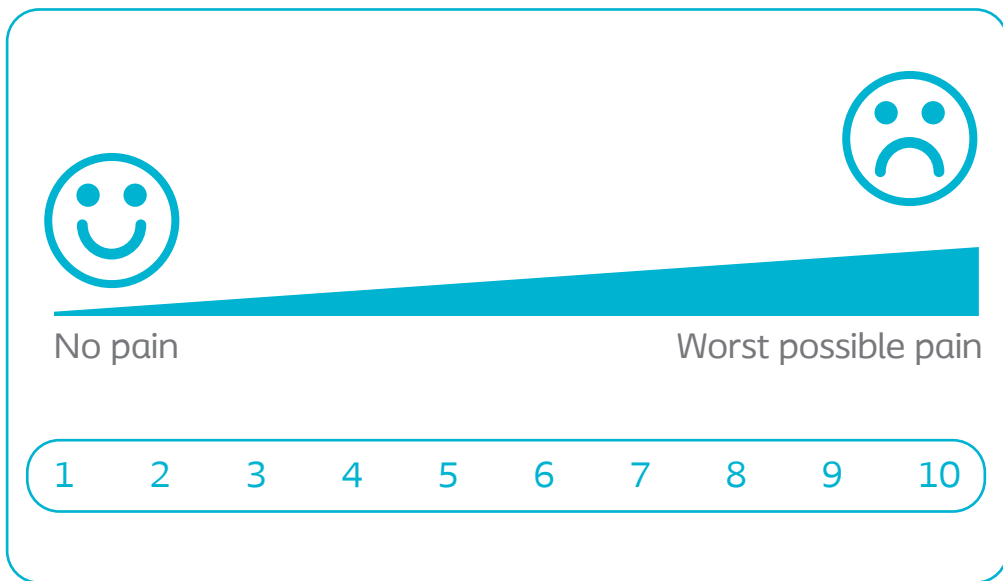
Yes ☐

No ☐

## Describing your pain

Pain is a very personal sensation and can be hard to describe. There are many ways to measure pain and we have suggested 2 methods. Once you are familiar with the method, record your pain consistently in this pain diary, so that your clinician can get a better understanding of your pain.

### 1. Visual pain scale

A visual pain scale diagram enclosed in a rounded rectangle. At the top left is a blue smiley face icon, and at the top right is a blue frowny face icon. A blue wedge-shaped bar starts as a thin line under the smiley face and expands to a thick bar under the frowny face. Below the smiley face is the text 'No pain', and below the frowny face is the text 'Worst possible pain'. At the bottom, a horizontal bar contains the numbers 1 through 10, each inside a rounded square. The bar is divided into 10 equal segments by vertical lines.

No pain

Worst possible pain

1 2 3 4 5 6 7 8 9 10

You 'Score' your pain out of 10.

0 - No pain

10 - Worst pain possible

Don't worry about scoring too high or too low. There is no right or wrong score. Your clinician can give you a pain scale to use.

## 2. Descriptive words

The other way to score your pain is to use descriptive words. This is especially useful when used in combination with the previous pain scale. It can help your clinician diagnose the type of pain you are experiencing.

Here is a list of words you could use to describe your pain:

Tender	Crushing	Squeezing
Stabbing	Sharp	Burning
'Like a shock'	Throbbing	Cramping
Lightning	Dull	Sore
Aching	Gnawing	Heavy
Pressure	Discomfort	Stinging

You can also use your own words, as per the example below:

Time	Pain description and/or score	Action taken	Did action work?
2pm	7 - throbbing pain	Took 2 paracetamol tablets	Yes

Has the pain been better or worse than usual today? Why do you think that is?

*e.g. Worse. I was more active, as I went shopping and saw friends.*

Has anything been particularly successful at helping your pain today?

*e.g. Yes, the paracetamol helped.*

How does your pain affect your mood? (i.e. depressed, frustrated)

*e.g. I was worried at 2pm as the pain may have prevented me from seeing my friends.*

Day 1

Date: \_\_\_\_\_

Did your wound pain keep you awake in the night?

\_\_\_\_\_

Keep a record of your pain experiences throughout the day.

Time	Pain description and/or score	Action taken	Did action work?

Has the pain been better or worse than usual today? Why do you think that is?

\_\_\_\_\_

Has anything been particularly successful at helping your pain today?

\_\_\_\_\_

How does your pain affect your mood? (i.e. depressed, frustrated)

\_\_\_\_\_



Did your wound pain keep you awake in the night?

\_\_\_\_\_

Keep a record of your pain experiences throughout the day.

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Has the pain been better or worse than usual today? Why do you think that is?

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Has anything been particularly successful at helping your pain today?

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Has the pain been better or worse than usual today? Why do you think that is?

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Has anything been particularly successful at helping your pain today?

\_\_\_\_\_

How does your pain affect your mood? (i.e. depressed, frustrated)

\_\_\_\_\_

Day 7

Date: \_\_\_\_\_

Did your wound pain keep you awake in the night?

\_\_\_\_\_

Keep a record of your pain experiences throughout the day.

Time	Pain description and/or score	Action taken	Did action work?

Has the pain been better or worse than usual today? Why do you think that is?

\_\_\_\_\_

Has anything been particularly successful at helping your pain today?

\_\_\_\_\_

How does your pain affect your mood? (i.e. depressed, frustrated)

\_\_\_\_\_



Did your wound pain keep you awake in the night?

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Keep a record of your pain experiences throughout the day.

Time	Pain description and/or score	Action taken	Did action work?

Has the pain been better or worse than usual today? Why do you think that is?

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Has anything been particularly successful at helping your pain today?

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Did your wound pain keep you awake in the night?

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Keep a record of your pain experiences throughout the day.

Time	Pain description and/or score	Action taken	Did action work?

Has the pain been better or worse than usual today? Why do you think that is?

\_\_\_\_\_

Has anything been particularly successful at helping your pain today?

\_\_\_\_\_

How does your pain affect your mood? (i.e. depressed, frustrated)

\_\_\_\_\_

## Notes

[illegible]

References: 1. McCaffery. Nursing practice theories related to cognition, bodily pain and man-environment interactions, 1968. Los Angeles: UCLA Students Store. 2. Steffansen & Herping. Novel wound models for characterising the effects of exudate levels on the controlled release of ibuprofen from foam dressings. Poster presented at EWMA, 2006.

