

My Action Plan for Pain Management

Name _____ Date _____

Please bring this plan and a list of your medicines to each health provider or emergency room visit.

Things I will do each day

- Do my regular exercise like my provider and I discussed.
- Take my medicines like my provider and I discussed.
- Continue _____ (ice, heat, therapy, etc.)
- Go to all my health appointments.
- Eat regular, nourishing, high-fiber meals and drink plenty of fluids.
- Do not smoke or use alcohol.

I feel normal for me

- I am able to perform all or most of my permitted activities.
- I can rest comfortably.
- My pain is at an acceptable level for me.
- My bowel movements are normal for me.
- I do not have any new pain.
- My thoughts are clear.
- My eating and sleeping are normal for me.

CAUTION – I need to take action

I FEEL WORSE

- I have pain that is not at my comfort level with my usual treatments.
- I am needing more pain medicine than usual to control my pain.
- I am unable to perform my normal or prescribed activities.
- I can only do passive activities such as read, talk, or watch TV.
- I have new pain that I have not had before.
- I feel sick to my stomach.
- I cannot take my medicine.
- I have trouble eating or sleeping.
- My bowel movements are not normal for me

ACTION

1. Check to make sure I took all my medicines
2. Do things that help me rest and relax

3. Call my **home health nurse**:

Name: _____

Phone: _____

4. Or call my **health provider**:

Name: _____

Phone: _____

DANGER – I will take action immediately

I FEEL MUCH WORSE

- I cannot get any relief from my usual treatments.
- Even passive activities, such as reading, talking, or watching TV, are limited by pain.
- I am unable to do anything or even talk because of pain.
- I show constant pain behaviors - grimacing, moaning, etc.
- I have new, severe pain.
- I feel very sleepy, or I cannot think clearly.
- I am throwing up because of pain.

ACTION – I will **CALL 911**

I will get help right away.

I WILL NOT drive myself or have a friend or family member drive me to the hospital.