

Controlling pain at home

How do I feel today?



Main Line Health®
HomeCare & Hospice



Green zone

You are in control.



Yellow zone

Take action today.

Call:



Red zone

Take action now!

Call:



Can I do the things I want to do?	Yes – I can do what I want to do.	No – my pain is worse today.	No – my pain is so bad, I cannot do anything.
Do I have new pain?	No new pain.	I am not sure – I may have new pain in my: _____	I have new pain in my: _____
Is my pain medicine helping?	My medicine feels like it is helping.	My medicine does not feel like it is helping as much as it usually does. I am not sure which medicine to take.	My medicine does not feel like it is helping at all. I am not sure what to do now.
Can I cope with how my pain medicine makes me feel?	I understand how the pain medicine may make me feel and I can cope with it.	I feel different after taking my pain medicine and I am not sure if it is normal to feel this way.	After taking my pain medicine I feel: <ul style="list-style-type: none"> • Nervous • Uncomfortable • Out of it
How am I sleeping?	I fall asleep quickly and feel rested when I wake.	I have trouble: <ul style="list-style-type: none"> • Falling asleep • Staying asleep 	I have not slept well for over 24 hours and I feel tired.

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My plan for controlling pain at home

Things I can do to help relieve pain:

- ☐ Move to a comfortable position
- ☐ Use pillows to help support the painful area
- ☐ Massage or use cold packs to soothe the painful area
- ☐ Use soft music, meditation or

to help me relax
- ☐ Take pain medicine (long acting and breakthrough) following my care team's instructions
- ☐ Write down when I take my pain medicine so I know when to take the next dose
- ☐ Other ideas:

How I will do these things:

Your care team will work with you to set goals so you can stick to your plan.