Pain log

A record of what they say and what you see, for the doctor or nurse. Use the pain scale the care team uses, and the person's own words where you can. Write what was tried only as the care plan says.

The doctor's instructions	
Name	
Pain scale the care team uses	
What the care plan says to do for pain (their words)	
When to call the doctor or nurse (their words), and phone	

Date	**Time**	**Where it hurts**	**Score (their scale)**	**What it feels like (their words)**	**Doing at the time**	**What was tried (per the plan)**	**Checked again (time, score)**	**By**