

### **Recording your pain and other symptoms for accurate assessment**

It is beneficial, before and after you are seen by your doctor, to keep a Pain/ Symptom diary. In this way everyone can see a detailed record of all aspects of what you are going through. This is helpful for medical staff as they can accurately assess the patterns of duration, quality and severity of your pain or symptoms and prescribe the most therapeutic medication or treatment to help you. A sample of a Pain/Symptom diary is included on the next page. An electronic version is available on the website [www.survival.net.nz](http://www.survival.net.nz) . Fill the chart in every time you experience pain or any other symptom . You may have to use more than one page. Start your diary one week prior to seeing your doctor, or the first week you start new medication. A diary can help identify patterns of your symptoms. You can use this to be more active at the times you know you will feel less pain.

### **Pain Scores**

In a pain diary, the pain score determines the severity of your pain. The pain score measurements start at: 0 = no pain and increases to 10 = the most unbearable pain.

Score	Severity of pain
0-1	No Pain
2-3	Mild Pain
4-5	Increasingly uncomfortable
6-7	Increasingly distressing
8-9	Intense pain
10	Unbearable

