

# My pain chart

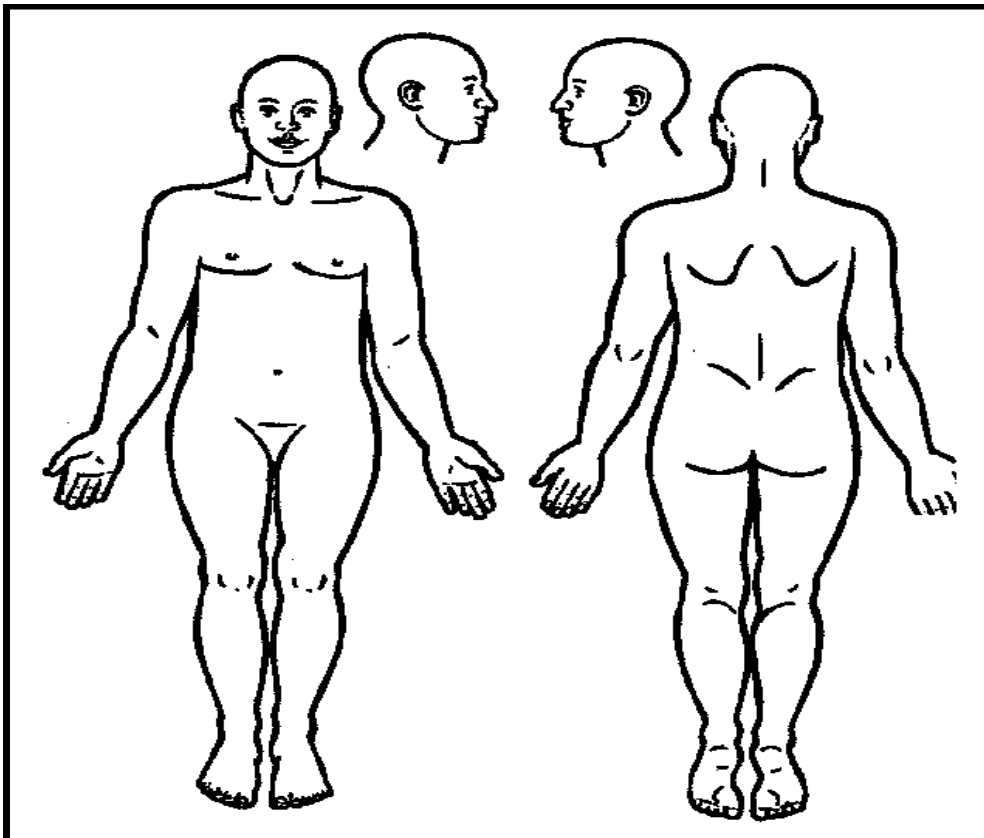
It is common for people to have pain in more than one place, and each pain can feel different.

This chart can be used to help you explain to your doctor or nurse what your pain is like so that they can help you relieve and manage your pain. The chart is also useful for keeping track of your pain over time, as things can change and it can be hard to remember differences.

Draw on the body outlines to show where you feel pain.

Label each site of pain with a letter: A. B. C. D. etc.

For a 'shooting' pain or pain that 'travels' use arrows to indicate exactly where the pain goes: e.g. → ↓



## About your pain

Do you have pain:

- (i) at night?  Yes  No
- (ii) at rest?  Yes  No
- (iii) on movement?  Yes  No

For the following questions, label each pain site A-B-C-D etc.

Describe the pain/s - e.g. dull, sharp, stabbing, aching, shooting, cramping.

What makes the pain worse? - e.g. movement, position.

What helps the pain? - e.g. resting, heat, cold, medication.

Remember most pain can be controlled with the right treatment. Sometimes it needs persistence and expertise to find the right treatment.

The palliative care service can work with your doctor to find what works for you.

### Other Resources

Information booklets about morphine are available from your palliative care team.

[www.cancerhelp.org](http://www.cancerhelp.org) has excellent information on pain.

### Related fact sheets

Pain Medication

Pain and pain relief FAQs

My Pain Diary

### CONTACT DETAILS

Palliative Care South

Ph: 03 6224 2515 or [palliativecare.south@dhhs.tas.gov.au](mailto:palliativecare.south@dhhs.tas.gov.au)

Palliative Care North

Ph: 03 6336 5544 or [palliativecare.north@dhhs.tas.gov.au](mailto:palliativecare.north@dhhs.tas.gov.au)

Palliative Care North West

Ph: 03 6440 7111 or [palliativecareservicenw@dhhs.tas.gov.au](mailto:palliativecareservicenw@dhhs.tas.gov.au)