

PAIN MANAGEMENT PLAN



EndOverdoseHI.com

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Patient's Name: _____

Patient's Date of Birth: _____ Today's Date: _____

This management plan is tailored for your situation and needs. While your doctor will treat any conditions that may be causing your pain, this plan is focused on managing the pain itself. For many patients with chronic pain, the pain never completely goes away. But pain management can reduce your pain and help you function better. This plan aims at reducing your pain sensations, helping you move better, helping you sleep better, and improving the quality of your life. You and your doctor will work together to set goals, and your doctor will recommend treatments and self-care strategies to help meet those goals.

In pain management, YOU are an important part of the team. Your job will be to keep appointments with your doctor and other healthcare providers, use recommended self-care measures, take medications as prescribed, and follow your doctor's suggestions.

PAIN MANAGEMENT GOALS

Set some goals for what you'll be able to do as a result of treatment. Think of activities that are important to you — activities you've stopped doing or enjoying as a result of your pain.

As a result of pain management, I want to be able to:

1. _____
2. _____
3. _____

So I can do the things listed above, my goal for pain management is to reduce my pain level to:

0 1 2 3 4 5 6 7 8 9 10

PAIN MANAGEMENT STRATEGIES

This section allows you and your doctor to identify treatments and self-care strategies to help you meet the goals above.

Physical or occupational therapy

Specialty consultation

Non-surgical or orthopedic procedures:

Neurology: _____

Surgery: _____

Pain specialty clinic: _____

Sleep apnea: _____

Mental health

Counseling and/or training focused on pain management

Training in meditation and relaxation

Therapy or counseling to treat depression, anxiety, or other mental health condition(s)

Medications to treat mental health condition(s)

Medication

Non-opioid pain medication (such as anti-inflammatory medications or acetaminophen)

Opioid pain medication

Other: _____

Sleep

Medication for sleep: _____

Integrative medicine

Acupuncture Biofeedback Hypnosis

Other: _____

Other: _____

Other: _____

Self-care

Exercise: Aquatic Strength building Aerobic Stretching

Quit tobacco

Manage weight:

Practice meditation or relaxation:

Improve sleep habits:

Attend support group or pain classes:

Other:

