Patient Pain and Medication Tracking Chart

TOOLS

Patient Pain and Medication Tracking Chart

Name	ID#	Date
Pain Dxs:		DOB
		Gender M/F

Directions: At the end of each day use this log to record your function, pain, sleep and alcohol/drug use. This will be used by your provider to properly adjust your medications to obtain optimal benefit and to minimize risk to your health and safety.

Date	Medications	# Pills/day	Pain [1] (0-10)	Function [2] (0-10)	# Hours Slept	Alcohol or Drugs used

[1] Pain Scale: 0 = no pain, 5 = moderate pain, 10 = worst pain imaginable
[2] Function Scale: 0 = no limitations, 5 = limitations (difficulty working, lifting, exercising, or conducting daily living activities, 10 = severe limitations (unable to work, conduct daily living activities, lift or exercise)