

Toolkit for Managing Persistent Pain:

Printable tools

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What is the Toolkit for Managing Persistent Pain?

The Toolkit for Managing Persistent Pain is a 59-page resource that was written from the perspective of a group of Kaiser Permanente Washington members living with persistent pain, called patient partners.

As patient partners, we worked with the Center for Accelerating Care Transformation (ACT Center) at the Kaiser Permanente Washington Health Research Institute to design and write the toolkit and other resources – including patient education materials and tools for health care teams. We are experts on living with ongoing pain, and the toolkit is guided by our personal experiences. Our goal is to help other people living with pain be active self-managers..

To access the full toolkit, visit <https://bit.ly/painmgmten>

What are these printable tools?

In the toolkit we included resources to help people track their pain, medicines, treatments, and goals over time. You may find it helpful to print these tools out so you can write on them. We made this document with only these pages in case you don't want or need to print the full toolkit.

For more information about the ACT Center or our learning health system projects, please contact us at act-center@kp.org.

Words for describing pain

Adapted from “Living a Healthy Life with Chronic Pain” by LeFort et al¹. You may find it helpful to print this list and keep it in your wallet!

- | | | | |
|--------------------------------------|-------------------------------------|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> Flickering | <input type="checkbox"/> Quivering | <input type="checkbox"/> Pulsing | <input type="checkbox"/> Throbbing |
| <input type="checkbox"/> Beating | <input type="checkbox"/> Pounding | <input type="checkbox"/> Pumping | <input type="checkbox"/> Flashing |
| <input type="checkbox"/> Shooting | <input type="checkbox"/> Prickling | <input type="checkbox"/> Boring | <input type="checkbox"/> Drilling |
| <input type="checkbox"/> Stabbing | <input type="checkbox"/> Sharp | <input type="checkbox"/> Cutting | <input type="checkbox"/> Lacerating |
| <input type="checkbox"/> Pinching | <input type="checkbox"/> Pressing | <input type="checkbox"/> Gnawing | <input type="checkbox"/> Cramping |
| <input type="checkbox"/> Crushing | <input type="checkbox"/> Tugging | <input type="checkbox"/> Pulling | <input type="checkbox"/> Wrenching |
| <input type="checkbox"/> Hot | <input type="checkbox"/> Burning | <input type="checkbox"/> Scalding | <input type="checkbox"/> Searing |
| <input type="checkbox"/> Tingling | <input type="checkbox"/> Itching | <input type="checkbox"/> Smarting | <input type="checkbox"/> Stinging |
| <input type="checkbox"/> Dull | <input type="checkbox"/> Sore | <input type="checkbox"/> Hurting | <input type="checkbox"/> Aching |
| <input type="checkbox"/> Heavy | <input type="checkbox"/> Tender | <input type="checkbox"/> Taut | <input type="checkbox"/> Rasping |
| <input type="checkbox"/> Splitting | <input type="checkbox"/> Tiring | <input type="checkbox"/> Exhausting | <input type="checkbox"/> Sickening |
| <input type="checkbox"/> Suffocating | <input type="checkbox"/> Fearful | <input type="checkbox"/> Frightful | <input type="checkbox"/> Terrifying |
| <input type="checkbox"/> Punishing | <input type="checkbox"/> Grueling | <input type="checkbox"/> Cruel | <input type="checkbox"/> Vicious |
| <input type="checkbox"/> Killing | <input type="checkbox"/> Wretched | <input type="checkbox"/> Blinding | <input type="checkbox"/> Annoying |
| <input type="checkbox"/> Troublesome | <input type="checkbox"/> Miserable | <input type="checkbox"/> Intense | <input type="checkbox"/> Unbearable |
| <input type="checkbox"/> Spreading | <input type="checkbox"/> Radiating | <input type="checkbox"/> Penetrating | <input type="checkbox"/> Piercing |
| <input type="checkbox"/> Tight | <input type="checkbox"/> Numb | <input type="checkbox"/> Drawing | <input type="checkbox"/> Squeezing |
| <input type="checkbox"/> Tearing | <input type="checkbox"/> Cool | <input type="checkbox"/> Cold | <input type="checkbox"/> Freezing |
| <input type="checkbox"/> Nagging | <input type="checkbox"/> Nauseating | <input type="checkbox"/> Agonizing | <input type="checkbox"/> Dreadful |
| <input type="checkbox"/> Torturing | | | |

¹ Lefort, S. (2015). Living a Healthy Life with Chronic Pain. Bull Publishing. Adapted from McGill Pain Questionnaire.



PAIN TRACKER

Date & Time	Location of pain	Words to describe it	Severity (1-10 scale)	With this pain, I couldn't ...	I tried ... (treatments and meds)	What makes it better?	What makes it worse?

A scale of 0 to 10 is often used to describe pain. 0 means "no pain," 1 to 3 means "mild pain," 4 to 6 means "moderate pain," and 7 to 10 means "severe pain," with 10 being the worst possible pain.



MEDICINE TRACKER

I take this ...	I take this dose ...	I take it ... (check all that apply)				I was told to take it by ...	Date I started taking it ...	Date I stopped taking it ...	Reason I take it ...	Notes
		AM	PM	With food	As needed					



TREATMENT TRACKER

I'm trying ...	How often I do it ...	It was recommended by ...	Date I started ...	Date I stopped ...	Reason I do it ...	Notes

SMART goal worksheet

Stating your goals as part of preparing for an appointment can help your health care provider understand what's important to you in your daily life. One of the best ways to describe goals is to use the "SMART" method. SMART goals are:

Specific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-Bound.

Use the chart below to create several SMART goals to take to your appointment. Consider marking your goals that are highest priority.

Primary issue or concern	What would I like to do to address it? Be specific and realistic.	How will I measure my progress?	How long will I do this?	When will I stop and why?	My full SMART goal.