

## Pain Management Plan

Some level of pain is inevitable in life, but everyone wants to be in less pain. However, “having less or no pain” is a vague goal. Use this worksheet to help you write smaller, doable **SMART (Specific, Measurable, Achievable, Realistic, Time-bound)** goals to help you achieve your long-term goal of being in less pain. Use the completed form on the following page as a guide and see the Pain Plan Suggestions page for additional ideas.

**Learn More About My Chronic Illness** \_\_\_\_\_

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**Work With My Healthcare Team** \_\_\_\_\_

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**Understand My Pain** \_\_\_\_\_

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**Understand My Medication** \_\_\_\_\_

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**Take My Medication** \_\_\_\_\_

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**Try Natural Therapies** \_\_\_\_\_

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**Prioritize Diet and Nutrition** \_\_\_\_\_

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**Be Physically Active** \_\_\_\_\_

\_\_\_\_\_

**Manage Stress** \_\_\_\_\_

\_\_\_\_\_

**Get Enough Sleep** \_\_\_\_\_

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**Create an Appropriate Health-care Team** \_\_\_\_\_

\_\_\_\_\_

Please record any additional components you would like to try as part of your health management plan. Revisit your long-term pain management goal, and share your successes toward reaching that goal with your support team and health-care providers.

**Other Plan Details**

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## Sample Pain Management Plan

**Learn More About My Chronic Illness** I will spend one hour each month looking at [www.arthritis.org](http://www.arthritis.org) and other reputable websites to help keep up on advances that may help me.

**Work With My Healthcare Team** I will bring a friend to every doctor's appointment to ensure that I remember all the doctor's recommendations and to make sure all my questions are answered.

**Understand My Pain** I will complete my pain diary every day to help my doctor and me understand my pain pattern.

**Understand My Medication** When beginning a new medication, I will read the drug information pamphlet and ask my pharmacist to double-check for possible drug interactions with my other medicines.

**Take My Medication** I will take my pain and other medicines as scheduled and prescribed instead of waiting for the pain to be unbearable.

**Try Natural Therapies** I will locate a reputable massage therapist and schedule an appointment.

**Prioritize Diet and Nutrition** I will keep apples and baby carrots on hand for when I need an afternoon snack all week.

**Be Physically Active** I will stretch for 10 minutes each morning and walk for 10 minutes each day after breakfast.

**Manage Stress** I will practice deep relaxation for 10 minutes per day for one week.

**Get Enough Sleep** I will go to bed at a designated time (like 10 p.m.) and wake up at a designated time each morning (like 6 a.m.).

**Create an Appropriate Health-care Team** I will write out all of my health-care team's information in a health organizer by next week.

Please record any additional components you would like to try as part of your health management plan. Revisit your long-term pain management goal, and share your successes toward reaching that goal with your support team and health-care providers.

### Other Plan Details