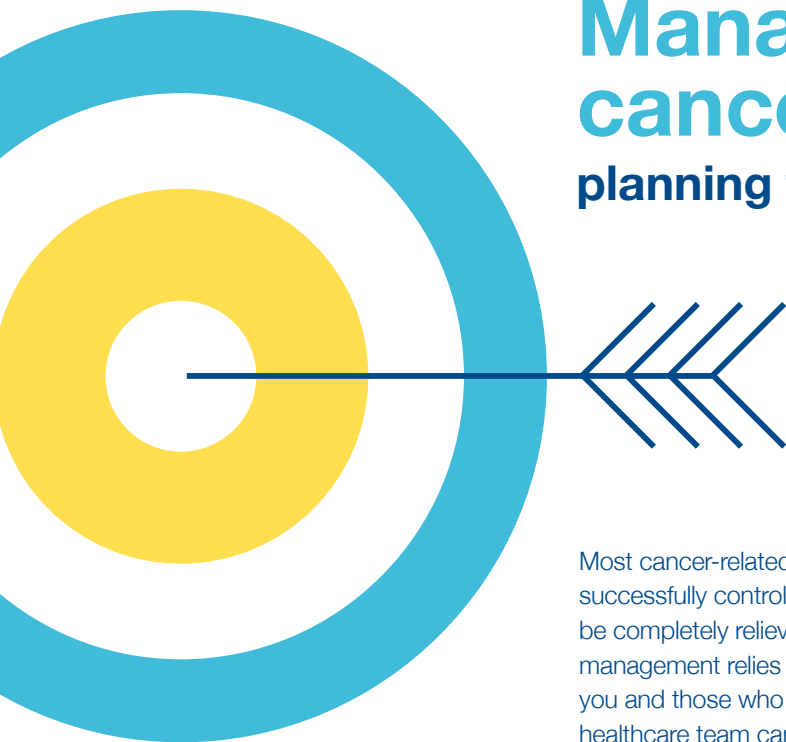


Managing cancer pain planning for success



Most cancer-related pain can be successfully controlled even if it can't be completely relieved. Successful pain management relies on teamwork between you and those who care for you. While the healthcare team can offer expert advice, you are the expert on what your pain feels like, what makes it better or worse, and how it affects you day to day.

This booklet includes two tools to help you and your team better manage your pain and understand your needs and wishes.

- 1 Pain-Goal Setting Tool**
- 2 Pain Management Plan**

Take this booklet with you whenever you attend a healthcare appointment, so that the health professionals you see at different times and places stay 'on the same page'.

Pain Goal-Setting Tool

This tool will help you and your team set 'SMART' pain management goals.

Specific
Measurable
Achievable
Relevant to you
Time-based

Setting goals with your team will help them understand what you want from pain management. Having goals also helps you manage your pain.

This page is an example. The inside page is for you to set your own goals.

Goal	How will you measure it?	When will you achieve the goal?
Goal 1	Find a balance between pain medication and its impact on my thinking	Pain less than 3 out of 10 and able to read a book
Goal 2	Attend a family event interstate	Attending important family events
Goal 3	Feel in control of pain	Fewer episodes of pain over one week

Possible problem	How will I manage this problem?
Goal 1	Pain level increases and I have to take extra medication that affects my thinking.
Goal 2	Becoming more anxious as the event gets closer and I want to stay home.
Goal 3	Feeling scared and out of control while waiting for pain medication to work.

Pain Management Plan

This plan includes the most important information you need to manage your pain.

- The plan should be made together with your healthcare team.
- Ask your doctor to sign and date the form on the inside page.
- Discuss any changes to the medication sections with your healthcare team first.

Make copies of the inside pages so that when you need to update your plan you can begin a new page. Keep the old plan as a record of how your management has changed over time.

Your healthcare team will complete the sections on who to contact and pain relief.

Other sections should be completed as follows.



This helps others understand what you mean when you rate your pain on a scale of 0–10. Pain experience is personal and ratings vary. While some people feel that '0' is the only acceptable level of pain, other people may accept higher pain scores if this means fewer medication side effects.



Situations when you need to seek help include sudden changes in pain severity, feeling or location. The plan may be to call someone in your healthcare team or, in other situations, to go to the Emergency department of the nearest hospital. Many people worry about bothering health professionals, so having a plan helps you make a confident decision if something unexpected happens.

GOAL	How will you measure it?	When will you achieve the goal?
Goal 1		
Goal 2		
Goal 3		

Possible problem	How will I manage this problem?
Goal 1	
Goal 2	
Goal 3	

Name: _____ **Date:** _____

Regular pain relief

Medication	Frequency	Dose

'Breakthrough' pain plan if regular relief insufficient

Medication	Frequency	Dose

Laxative plan if taking opioids

Medication	Frequency	Dose

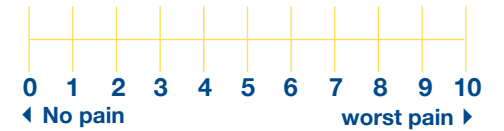
Other adverse effect management

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Non-medicinal pain management (e.g. heat, massage, distraction)

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Acceptable pain score (0–10)



When to seek help

- 1 _____
- 2 _____
- 3 _____

Contact

 Mon-Fri (Business hours)

 After hours

Discussed with doctor

 Doctor's name

 Signature

 Date

Keeping a pain diary


Keeping a record of your pain, what you have tried for relief and how it has worked with and what has helped relieve it can help you and those caring for you to understand more about your pain and how it can be managed.

Your health professional may give you a diary to fill in. Some people use a mobile device, such as a smartphone, to keep track. Below is a sample pain diary, which can be found on The Pharmacy Guild of Australia website, www.guild.org.au and type 'My pain diary' into the search tab then click on the link for the diary.

Keeping a diary will help you notice what makes your pain better or worse.

Sometimes a specific event or situation can cause pain to occur. This is called a trigger. Knowing what triggers your pain might help you to prevent it or relieve it. For example, if sitting down for a long period of time makes your back ache, you can take pain relief before travelling or going to a movie.

On the other hand some activities may help your pain, like a warm bath, heat pack or massage.



MY PAIN DIARY

DATE AND TIME	DESCRIBE YOUR PAIN <small>(e.g. how long it lasts, where it is, whether it moves, what it feels like - dull, sharp, stabbing)</small>	RATE YOUR PAIN <small>(0-10, see overleaf)</small>	WHAT MADE YOUR PAIN WORSE?	WHAT HELPED YOU GET THROUGH THE DAY? <small>(medicine and non-medicine such as meditation, exercise etc)</small>	DESCRIBE YOUR ACTIVITY LEVEL AND MOOD <small>(Has the pain affected your daily life, including sleep, work social life etc)</small>	COMMENTS <small>(e.g. problems with medicines, how your pain affects your daily life - sleep, mood, work etc.)</small>

Whichever diary you use, take it along to every appointment with your healthcare team. That way it can be used to guide discussions about your pain and its management. **Note:** You may find it useful to carry your pain diary at all times and to add notes as needed.