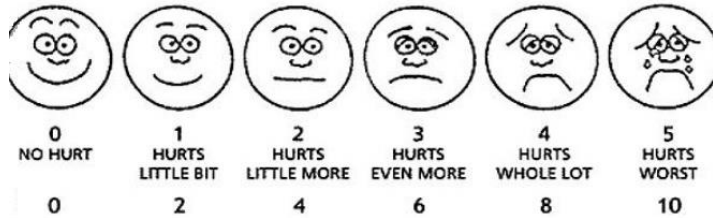


Monitoring/Reporting Pain

Levels of pain can be monitored/reported by **how much pain affect your activities of daily life (*ADL)**. This may in many cases be more useful/practical,.. than how pain affects your smile? (*Wong Baker faces).



Using a Number scale from 1 to 10:

Level 1 to 2 - pain can be ignored, normal ADL (*activities daily life) is continued

Level 5 to 6 - pain interferes with normal ADL and decrease ability to do ADL.

Level 9 to10 - pain prevents ADL completely (or almost completely)

In most cases that we treat, our goal is reduction of pain with medications to a pain level of 1 to 3,...and hope with some modifications of ADL, get further reduction of pain. Pain elimination is often not possible, pain reduction is almost always doable.

Activities of Daily Life -The 5 Essential ADLs:

1. Bathing: *personal hygiene and grooming.*
2. Dressing: *dressing and undressing.*
3. Transferring: *movement and mobility*
4. Toileting: *continence-related tasks including control and hygiene.*
5. Eating: *preparing food and feeding.*

This information will help carers with their monitoring and reporting. The feedback from carers is essential to deciding how much medications are needed to reduce pain to desired, tolerable levels.