

Monitoring and Reporting Pain

Acceptable Pain Level

Each person has their own acceptable level of pain. For some it may be no pain while others can tolerate a pain level of three on a scale of zero to 10. It is important to know what the acceptable level is for the individual. If the patient is comfortable at a pain level of three, it may not be necessary to medicate to a zero level of pain.

Pain Location

The location of pain may remain the same, change or move to a new location. Record any change in pain location and pass it on to the Tidewell nurse.

What Makes Pain Better or Worse

Record what makes the pain better or worse. This can provide clues as to the cause of the pain and identify effective treatments.

Keep a Record

Ask the Tidewell nurse for a Pain Management Log to assist with keeping an accurate record of pain and treatments. Record the pain severity, location, any medication or treatment taken and whether they relieved pain. Record any new information about what makes pain feel better or worse. This is a great way to partner with the Tidewell team to achieve the best pain control possible.

Call Tidewell with any questions (855) 843-3935: _____