# Pain Self-Management Plan

Name ____________________________  Date ______________________

## Green Zone: All Clear

Your comfort level is ________
0–10 scale; 0=pain and 10=worst pain you ever had

If you:
- ✓ Are able to do basic activities and rest comfortably
- ✓ Do not have any new pain
- ✓ Are taking opioid pain medication, your bowels are moving at least every 2–3 days

**What this could mean:**
- ✓ You are managing your pain at an acceptable level for you
- ✓ Continue to take your medications as ordered
- ✓ Continue _____________ (ice, heat, therapy, relaxation, etc.), along with your medicines
- ✓ Keep all physician appointments
- ✓ Continue regular exercise as prescribed

## Yellow Zone: Caution

If you have **any** of the following:
- ✓ Pain that is not at your comfort level with your usual treatments
- ✓ You are not able to do basic activities or rest comfortably
- ✓ New pain you have never had before
- ✓ If you are taking opioid medication, your bowels have not moved in 2–3 days
- ✓ You are sleeping more than usual
- ✓ You feel sick to your stomach
- ✓ You cannot take your medicine

Know your warning signs: Mental, emotional, or physical fatigue

**What this could mean:**
- ✓ Your pain control plan may need to be changed
- **Call your home health nurse or primary care doctor**

| Home Health Nurse: ____________________________ | Phone Number: ____________________________ |
| Doctor: ____________________________ | Phone Number: ____________________________ |

*If you notice a Yellow Zone Caution, work closely with your healthcare team*

## Red Zone: Medical Alert! Stop and Think

If you:
- ✓ Cannot get any relief from your usual treatments
- ✓ Have new, severe pain
- ✓ Are taking opioid medication, and your bowels have not moved for more than 3 days
- ✓ Are extremely sleepy
- ✓ Are throwing up
- ✓ Are confused

**What this could mean:**
- ✓ You need to be evaluated by a healthcare professional immediately
- **Call your healthcare provider’s office or home health nurse**
- **Have someone take you to the nearest emergency room or Call 9-1-1**

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