

PAIN DIARY

Date/time	Severity (scale 0-5)	Limited activity?	Pain location	Suspected Triggers	Pain duration	Remedy tried? Helped?
Example: Mon 1/15 5:00pm	3	Yes, no soccer	Upper Abdomen	Ate nacho chips at 3pm	30 min	Laid down, pain went away
				-	2	
					2	
		<u> </u>	abild's pair			

A pain diary is a way to record your child's pain over a period of one week or more, depending on directions from your physician. To ensure accurate information, you should complete this log at the time of the pain episode or as soon as you are with your child following a pain episode. The severity is measured on a 0-5 scale, with 0 being no pain and 5 being the worst pain imaginable. Triggers can include food eaten, activities or feelings, encourage your child to describe pain in his/her own words.