Pain Management



PAIN MANAGEMENT FLOWSHEET

Use this chart to keep track of your pain, non-medication actions, and medications to prevent taking more than 3200mg acetaminophen in a 24 hour period.

**Pain	Sc	ore								
0	1	2	3	4	5	6	7	8	9	10
No Pain	Т	Mild	N	Moderate	T	Severe	Ve	ry Seve		orst Pain Possible
(°, °)		(5,5)	- ((G)	(88		() () () () () () () () () ()		(o o
0		1-3		4	-6			7-9		10

Date / Time	**Pain Score	Action Plan: Green Zone Yellow Zone Red Zone	Non-medication Action(s): *Non-medication therapy and	Medication Action(s): *Medications & Dose	Contain how many mg Acetaminophen	Running Daily Total of Acetaminophen (<3200mg in a
			how long			24hr period)

Please bring this flowsheet to your follow-up appointment.