My Pain Profile

This belongs to ______________________

Someone who knows me well is ______________________ and they can be contacted on____________________.

© Acknowledgements to: Somerset Total Communications, Simple Symbols. Gemma Del Toro, Community Learning Nurse, October 2009
I may be in pain because;

My pain medication;

You may want to consider regular pain relief as may be more effective than PRN medication. (Rowntree)

WHO’s Pain Relief Ladder

My other medication;

The form I take my tablets in is:

Tablets - whole  □  Liquid  □
Tablets - broken  □  With food  □
Tablets - crushed  □  Other  □
My Usual Self
(when happy and comfortable)

This section is to be used as a baseline for the assessment of my pain.

My general appearance:
Think about: weight, skin

My facial expressions:
Think about: appearance of face, Eyes, mouth (smiling, closed etc).

My body language:
Think about: posture, tense/Relaxed, mobility, positioning, sleeping position.

My vocal sounds:
Think about: sounds, speech, Pitch, volume.

My behaviour:
Think about: appetite, routine, activities.
Below is a list of things that may help to make me feel more comfortable;

- Aromatherapy
- Gentle Massage
- Music
- Bubble baths
- Talking
- Careful positioning
- Pressure cushions
- Comforters e.g. blanket

Other things that help me relax are:

References: Abbey Pain Scale, Abbey J, De Bellis A, Piller N, Esterman A, Giles L, Parker D. and Lowcay B.
Paediatric Pain Profile, Dr Anne Hunt, Research Fellow RCN Institute.
Assessment of my pain

Name: ______________________ Date: ______________

I may not be able to tell you when I am in pain, please observe me.

Changes to my general appearance.
Think about: weight loss, pressure areas, swelling, pressure areas, skin tears.

Changes to my facial expressions.
Think about: tense, frowning, grimacing, clenching teeth, biting lip.

Changes to my body language.
Think about: fidgeting, rocking, guarding a part of the body, change to posture, sleeping position, purposeless movements, rubbing.

Changes to my vocal sounds.
Think about: whimpering, groaning, crying, pitch, volume.

Changes in my behaviour.
Think about: confused, lack of appetite, alteration in usual patterns/routines.
Consider any physiological changes alongside any changes in usual self. (Physiological changes are supporting evidence only and are not to be used as the sole basis for the assessment of pain.)

- Increased heart rate
- Increased blood pressure
- Increased respiration
- Change in facial colouring
- Changed bowel movements
- Change in urine output