

Managing chronic pain: Your personal care plan

The goal of managing chronic pain is to help you to return to the activities (work, family, social, and recreational pursuits) that are most important to you. This form can help us work together toward that goal.

Use the space under "Personal goals" to identify the activities you want to be able to do again, and the dates by which you hope to be able to do them. The remainder of the care plan lists treatment

goals for all chronic pain patients, with check marks next to the actions and interventions that the doctor recommends for you.

We will review your progress in reaching these goals at every visit, based on your pain level and score on the Functional Ability Questionnaire, and make any necessary changes in your care plan. If you have any questions or problems between visits, be sure to call the office and let us know.

1. PERSONAL GOALS

Return to the following activities/tasks/etc:

- | | |
|----------|------------|
| 1. _____ | Date _____ |
| 2. _____ | Date _____ |
| 3. _____ | Date _____ |

Return to work

- | | |
|------------------|------------|
| Limited schedule | Date _____ |
| Normal schedule | Date _____ |

2. IMPROVE SLEEP: SLEEP _____ HOURS PER NIGHT

Follow basic sleep plan

1. Eliminate caffeine and naps
2. Relax before bedtime
3. Go to bed at _____ every night

3. INCREASE PHYSICAL ACTIVITY

- Daily stretching (_____ minutes _____ per day)
- Aerobic exercise (_____ minutes _____ days per week)
- Strengthening (_____ minutes _____ days per week)
- Attend physical therapy, as directed

4. MANAGE STRESS

- Practice relaxation techniques (meditation, yoga, imagery, etc) daily
- Participate in formal interventions (counseling, classes, support group/group therapy) as directed
- Take medication, as directed

5. DECREASE PAIN

- Nonmedication treatments (ice/heat, massage, etc)
- Take medication, as directed
- Other treatments: _____

Adapted from: Institute for Clinical Systems Improvement (ICSI). *Assessment and Management of Chronic Pain Guideline Summary*. 3rd ed. Personal care plan for chronic pain. July 2008. Available at: http://www.icsi.org/pain_chronic_assessment_and_management_of_14399/pain_chronic_assessment_and_management_of_guideline.html. Accessed September 29, 2008.