

# 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



### 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***