



Pain Zone Tool

GREEN ZONE

ALL CLEAR (GOAL)

- Your comfort level is __ (0-10 scale where 0 = no pain and 10 = worse pain ever had)
- You are able to do basic activities and rest comfortably
- You do not have any new pain
- If you're taking opioid pain medication, your bowels are moving at least every 2 - 3 days

Doing Great!

- You are managing your pain at an acceptable level for you

Actions:

- Continue your medicines as ordered
- Continue (ice, heat, therapy, etc.) along with your medicines
- Keep all doctor visits
- Continue regular exercise as prescribed

YELLOW ZONE

CAUTION (WARNING)

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

Act Today!

- Your pain control plan may need to be changed

Actions | Call your:

- Home Health Nurse

(Phone Number)

- Doctor

(Phone Number)



Pain Zone Tool

RED ZONE

EMERGENCY

- You cannot get any relief from your usual treatments
- You have new, severe pain
- If you are taking opioid pain medication, your bowels have not moved for more than 3 days
- You are extremely sleepy, throwing up and/or are confused

Act NOW! You or your family need to call your nurse or doctor right away!

Actions | Call your:

- Home Health Nurse

(Phone Number)

- Doctor

(Phone Number)