# Zone Tool: Pain

### **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

## **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

#### **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
- Act Today!
- Your pain control plan may need to be changed

Actions | Call your:

• Home Health Nurse

(phone number)

• Doctor

(phone number)

## **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

This material was originally prepared by End-Stage Renal Disease Network of Texas, and was revised by Qsource, the Quality Innovation Network-Quality Improvement Organization (QIN-QIO), for Indiana under a contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. Content presented does not necessarily reflect CMS policy. 20.QIO.08.036

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 \_\_\_\_

