

Pain Management Planning Worksheet

Use the 4 Ps to plan pain self-management

Step 1: Read through the list of 4 P's on page 2 of this worksheet.

Step 2: Add your own strategies to the list that you find helpful to manage your pain.

Step 3: Complete the 4 P's chart below by writing down ways you can manage pain.



Step 4: In the space provided on page 2, write down any new treatments or questions about treatments you want to discuss with your healthcare team.

Step 5: Answer the questions on page 3 to help you understand your goals and barriers to pain management. Discuss these with your healthcare team as needed.

Step 6: Place this worksheet where you can see it and be reminded often to practice your pain management skills. Remember, some treatments take time and practice to be effective. Practice skills to build a toolbox of strategies to help manage your pain.

Prevention	Psychological
Physical	Pharmaceutical

Four P's of Pain Management

<p>Preventative</p> <ul style="list-style-type: none"> • Splints, braces, or orthotics recommended or prescribed by a healthcare provider • Mobility aides (e.g. cane, walker) • Postures or positions (e.g. body mechanics during lift; chair, mattress, pillow) • Activity pacing (e.g., balance housework, work and movement with rest) • Ergonomic set up of work stations • Sleep hygiene education and training • Lifestyle changes (e.g. healthy eating, smoking cessation) • Condition/disease management (if applicable) 	<p>Psychological</p> <ul style="list-style-type: none"> • Pain education (i.e., how and why the brain produces pain) • Mindfulness practice • Spiritual practices or rituals (e.g. prayer, meditation, smudging, finding purpose) • Relaxation exercises (e.g. imagery, breath control exercises, progressive relaxation) • Cognitive behavioral therapy • Acceptance based therapy • Stress management • Hypnosis • Social support
<p>Physical</p> <p>Passive</p> <ul style="list-style-type: none"> • Thermal applications (heat/cold packs) • Manual therapies (e.g. massage, joint mobilizations or manipulations) • Electrical (e.g. TENS) • Acupuncture <p>Active</p> <ul style="list-style-type: none"> • Therapeutic exercises (e.g. flexibility, strength) • General activity (e.g. cardiovascular fitness) • Interrupt sedentary time (e.g. 5 minutes/hour of gentle movement such as shoulder shrugs, arm raises and marching on the spot) • Physical activity goals: <ul style="list-style-type: none"> • Start low and go slow • Some people experience an increase in pain while moving and for 3-4 days after. This will get better in about 2 weeks. • Aim for daily movement 	<p>Pharmacological</p> <ul style="list-style-type: none"> • Match medications to the types of pain (e.g., nerve pain, inflammation) • Goal of medications is to make you more comfortable when you move or sleep while avoiding side effects such as constipation, drowsiness, nausea or itch. • Medications will not get rid of your pain. • Take your medications as prescribed. • Discuss any questions or concerns you have about your medications with your prescriber • Ask your prescriber how to store your medications safely
<p>New treatments or skills you want to discuss with your healthcare team</p>	
<p>Questions for your healthcare team</p>	

Understand your Pain Management Goals and Barriers

Review your pain management progress regularly with your health care team.

- Just like learning any new skill, pain management skills may take time and practice.

<p>What are your motivators?</p> <ul style="list-style-type: none">• Do you use a treatment to reduce your pain intensity or to live well?
<p>What are your goals?</p> <ul style="list-style-type: none">• Set functional goals (activities)• Set specific, measurable, achievable, relevant and time-based goals• What are the small steps you need to do to reach your big goals?
<p>What are the barriers or problems you might face to doing the activities to reach your goal?</p>
<p>For each barrier listed above, what are one or two things you can do to overcome that barrier?</p>