

Pain Diary for Specialist Appointment

Complete 6-page specialist preparation template — tailored tracking for rheumatology, neurology, pain medicine, and orthopedic specialists, with pre-visit data collection and in-visit note-taking.

Specialist: _____

Specialty: _____

Appointment Date: _____

Referred by: _____

Pain Scale Reference (0–10 NRS)



Pre-Appointment 7-Day Log

Complete for the 7 days before your specialist visit. Different specialists need different data — see specialty guide on page 2.

Day	Pain (0-10)	Location (specific)	Type / Quality	Duration	Medications Taken	Function Impact
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

What Each Specialist Needs

Focus your tracking on the data that matters most to your specialist type.

Specialist	Key Data Needed	Focus Your Tracking On	Bring These Records
Pain Medicine	Pain patterns, med response, function	Medication effectiveness + timing, triggers	Full med list, imaging, prior treatment records
Rheumatology	Joint symptoms, stiffness, labs	AM stiffness (min), joint count, swelling	Lab results (CRP, ESR, RF), joint exam history
Neurology	Nerve symptoms, progression, quality	Numbness/tingling pattern, spreading	EMG/NCS results, MRI, nerve conduction studies
Orthopedics	Mechanical symptoms, Activity relationship	Position/activity that worsens/helps	X-rays, MRI, physio reports

Pre-Appointment Checklist

Complete 1-2 days before. Check off each item.

- ☐ 7-day pain log completed with specialist-relevant data
- ☐ Current medication list (including OTC and supplements)
- ☐ Previous treatment history and results
- ☐ Imaging / test results copied or listed
- ☐ Referral letter / insurance paperwork
- ☐ Questions written down (see page 5)
- ☐ Medical history summary for new specialist

Specialist Consultation Preparation

Primary concern for this visit: _____

Pain history (when started, how): _____

Previous treatments tried: _____

What worked / didn't work: _____

Current medications (all): _____

Other conditions: _____

Family history (relevant): _____

Allergies: _____

One-Page Summary for the Specialist

Fill this out and hand it to the specialist at the start of your appointment.

In one sentence, why I'm here: _____

How long this has been happening: _____

What I've already tried: _____

What I hope to learn today: _____

During the Specialist Visit — Notes

Write notes during or immediately after. Ask if you can record the conversation (many specialists allow this).

Diagnosis / assessment discussed: _____

Tests recommended: _____

New treatments prescribed: _____

Referrals to other specialists: _____

Follow-up appointment: _____

Specialist's Recommendations (detail)

Questions I Still Have

Medication & Treatment Log

Specialists review medication history for treatment decisions. Include failed medications with reasons -- this prevents re-trying what did not work.

Date	Medication / Treatment	Dose	Time Taken	Relief (0-10)	Duration of Relief	Side Effects

Non-Medication Treatments

Different specialists prioritize different interventions. See the specialty guide on Page 2 to focus your tracking.

Date	Treatment Type	Duration (min)	Pain Before (0-10)	Pain After (0-10)	Helpful? (Y/N)	Notes

Treatment Effectiveness Summary

At week end, rate each treatment: 1 = No help, 2 = Slight, 3 = Moderate, 4 = Good, 5 = Excellent.

Treatment	Week 1	Week 2	Week 3	Week 4	Continue? (Y/N)	Notes

Weekly Summary — Specialist Preparation

Complete at end of each week. Bring to appointments. This page tells your doctor how the week went.

Week of: _____

Average Pain Level (0-10): _____

Worst Day (date + level): _____

Best Day (date + level): _____

Flare Days This Week: _____

Sleep Quality Average (1-5): _____

Specialist type (Rheum/Neuro/Pain/Ortho): _____

Follow-up scheduled?: _____

New tests ordered?: _____

Pattern Observations

Key data points the specialist needs (from Page 2 guide): _____

Changes since referral: _____

Treatment trial results to report: _____

Follow-up tasks from this visit: _____

Questions for Next Appointment

1. _____
2. _____
3. _____
4. _____
5. _____

Specialist Recommendations & Follow-Up Actions

