

How to Track Pain for Doctors

What doctors actually want to see in your pain records and how to present it effectively.

What Doctors Need to See

1. Pain Pattern Over Time

Track at least 7 days before your appointment. Show trends, not just today's pain. Doctors want to see the full picture—good days and bad.

2. Specific Descriptions

Where exactly? What type? (sharp, burning, aching, throbbing). When does it start and stop? What makes it better or worse?

3. Functional Impact

"I couldn't cook dinner 4 days this week" is more useful than "my pain was 8/10." Describe what pain prevents you from doing.

4. Medication Response

What you took, when, how much it helped (percentage or time), and any side effects. This guides treatment decisions.

5. Sleep & Mood Connection

Pain affects sleep and mood. Tracking these helps doctors understand the full burden and consider comprehensive treatment.

Appointment Preparation Worksheet

Appointment date: _____

Doctor/Specialist: _____

Main concerns to discuss: _____

Changes since last visit: _____

Questions to ask: _____

Current medications: _____

Appointment Notes