

# 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

