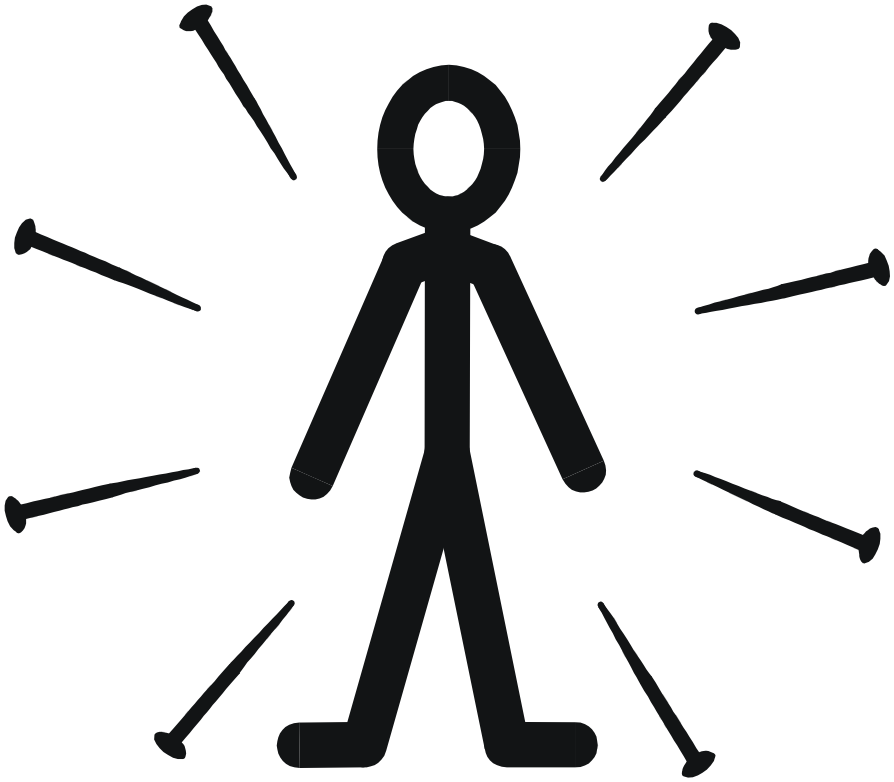
NHS Number:

My Pain Profile



You can stick your own photograph here if you wish.

This belongs to _____

Someone who knows me well is _____ and they can be contacted on _____ .

© **Acknowlegements to:** *Somerset Total Communications, Simple Symbols. Gemma Del Toro, Community Learning Nurse, October 2009*

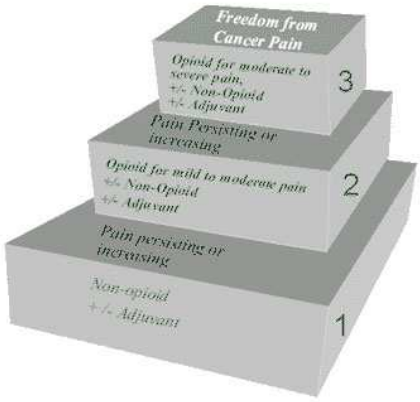
NHS Number:

I may be in pain because;

My pain medication;

You may want to consider regular pain relief as may be more effective than PRN medication. (Rowntree)

WHO's Pain Relief Ladder



My other medication;

The form I take my tablets in is:

Tablets – whole	☐	Liquid	☐
Tablets – broken	☐	With food	☐
Tablets - crushed	☐	Other	☐

NHS Number:

My Usual Self

(when happy and comfortable)

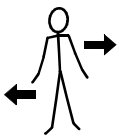
This section is to be used as a baseline for the assessment of my pain.

My general appearance:

Think about: weight, skin

My facial expressions:

Think about: appearance of face, Eyes, mouth (smiling, closed etc).



My body language:

Think about: posture, tense/ Relaxed, mobility, positioning, sleeping position.

My vocal sounds:

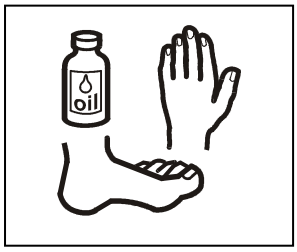
Think about: sounds, speech, Pitch, volume.

My behaviour:

Think about: appetite, routine, activities.

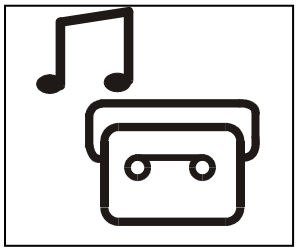
NHS Number:

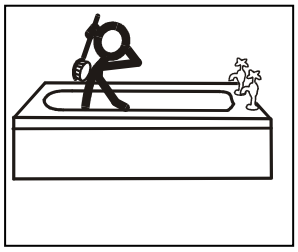
Below is a list of things that may help to make me feel more comfortable;



Aromatherapy

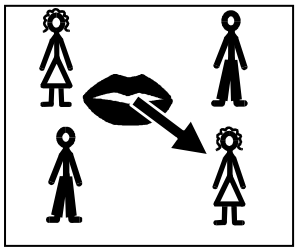
Gentle Massage

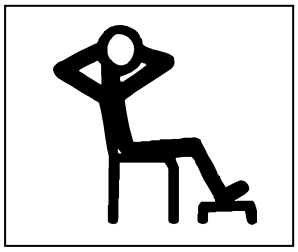




Music

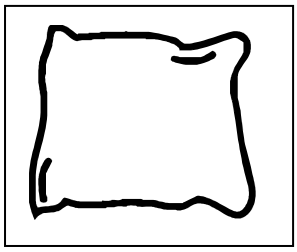
Bubble baths

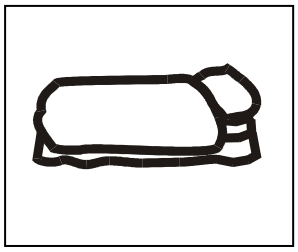




Talking

Careful positioning





Pressure cushions

Comforters e.g. blanket

Other things that help me relax are;

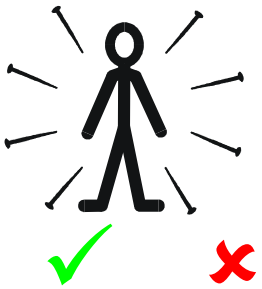
References: *Abbey Pain Scale, Abbey J, De Bellis A, Piller N, Esterman A, Giles L, Parker D. and Lowcay B.*
Do You Recognise Pain in someone with a Learning Disability, A Guide for GP's, Joseph Rowntree Foundation.
Paediatric Pain Profile, Dr Anne Hunt, Research Fellow RCN Institute.

NHS Number:

Assessment of my pain

Name: _____ Date: _____

I may not be able to tell you when I am in pain, please observe me.

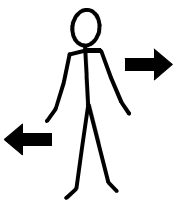


Changes to my general appearance.

Think about: weight loss, pressure areas, swelling, pressure areas, skin tears.

Changes to my facial expressions.

Think about: tense, frowning, grimacing, clenching teeth, biting lip.

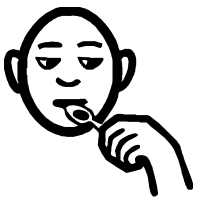


Changes to my body language.

Think about: fidgeting, rocking, guarding a part of the body, change to posture, sleeping position, purposeless movements, rubbing.

Changes to my vocal sounds.

Think about: whimpering, groaning, crying, pitch, volume.



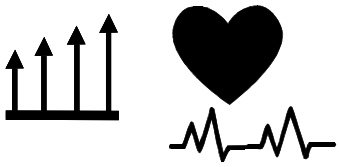
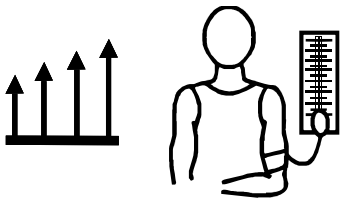
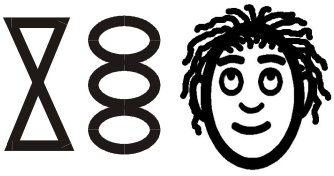
Changes in my behaviour.

Think about: confused, lack of appetite, alteration in usual patterns/routines.

NHS Number:

My bodily functions

Consider any physiological changes alongside any changes in usual self. (Physiological changes are supporting evidence only and are not to be used as the sole basis for the assessment of pain.)

	✓	✗
 Increased heart rate	☐	☐
 Increased blood pressure	☐	☐
 Increased respiration	☐	☐
 Change in facial colouring	☐	☐
 Changed bowel movements	☐	☐
 Change in urine output	☐	☐