

Pain Management Zones

WHICH ZONE ARE YOU IN?

GREEN ZONE — Good to Go



- Your comfort level is ____ (0-10 scale: 0=No pain and 10=worse pain ever had)
- You are able to do basic activities and rest comfortable
- You do not have any new pain
- You are taking opioid pain medication and your bowels are moving at least every 2-3 days

Doing great! You are managing your pain at an acceptable level for you.

- Continue your medicines as ordered
- Continue _____ (ice, heat therapy as instructed) along with your medicines
- Keep all doctor visits
- Continue regular exercise as prescribed.

YELLOW ZONE — Caution



- You have pain that is not at your comfort level with your usual treatments
- You are not able to do basic activities or rest comfortable
- You are taking opioid medication and your bowels have not moved in 2-3 days
- You are sleeping more than usual
- You feel sick at your stomach
- You cannot take your medicine

Act today – Your pain control may need to be changed. Call your home health clinician or your physician.

RED ZONE — Emergency



- You cannot get any relief from your usual treatments
- You have new, severe pain
- You are taking opioid pain medication and your bowels have **not** moved for more than 3 days
- You are extremely sleepy
- You are throwing up
- You are confused

Act now – Call your home health clinician, or your physician, or go to the ER.

Contact:

Physician Name: _____

Physician Phone: _____

Home Health: _____