



Information from your Primary Care Team

Monitoring Pain

<i>Date, time</i>	Pain Intensity 1 = <i>mild</i> , 10 = <i>excruciating</i>	Duration (hrs/mins)	Precipitating factors	Thoughts related to pain	Emotional reactions	Pain behaviors

Reference: Hunter, C. L., Goodie, J. L., Oordt, M. S., & Dobmeyer, A. C. (2009). *Integrated Behavioral Health in Primary Care: Step-by-step Guidance for Assessment and Intervention*, American Psychological Association.