



BREAKTHROUGH CANCER PAIN RECORD

People with cancer-related pain often experience it more or less continuously throughout the day. This is known as 'background pain' and can usually be well controlled by taking regular painkillers. 'Breakthrough pain' refers to short-lived flares of otherwise controlled background pain.

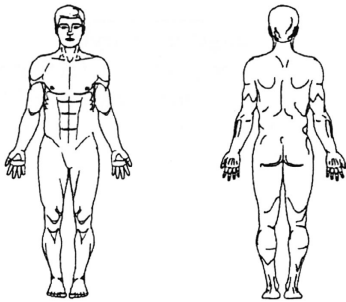
Your answers to the questions contained in this leaflet will help your doctors / nurses to assess your breakthrough pain and decide on the best treatment option for you. Please complete the form to the best of your ability and hand to the doctors / nurses who are responsible for managing your pain at your next appointment.

QUESTIONS ABOUT YOUR BREAKTHROUGH CANCER PAIN

- How often do you get the pain?

- Does anything bring on the pain?

- Where is the pain? (Mark with a cross / X on the diagram)



- How would you describe the pain?

- How would you rate the severity of the pain? (Circle the correct answer)

Mild Moderate Severe Very severe

- How long does the pain last?

- Does anything make the pain worse?

- Does anything make the pain better?

- Does the pain stop you doing anything?

QUESTIONS ABOUT YOUR BREAKTHROUGH CANCER PAIN TREATMENT

- What 'painkillers' do you currently use to treat your breakthrough pain?

- How effective are the painkillers? (Circle the correct answer)

No relief Slight relief Good relief Complete relief

- How long do the painkillers take to work?

- What side effects do the painkillers cause?

- What other things do you do / treatments do you use to treat your breakthrough pain (list all)?
