

Information from your Patient Aligned Care Team

Monitoring Pain

Date, time	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. (2017). *Integrated Behavioral Health in Primary Care: Step-by-step Guidance for Assessment and Intervention* (2nd ed.). American Psychological Association.