**Pain Management ZONES**

[Insert Agency Logo]

| **GREEN ZONE** | **ALL CLEAR (GOAL)*** Your comfort level is \_\_\_\_\_ (0 - 10 scale where 0 = no pain and 10 = worse pain ever had)
* You are able to do basic activities and rest comfortably
* You do not have any new pain
* If you’re taking opioid pain medication, your bowels are moving at least every 2 - 3 days
 | **Doing Great!*** You are managing your pain at an acceptable level for you
* Actions:
	+ Continue your medicines as ordered
	+ Continue \_\_\_\_\_\_\_\_\_\_\_\_\_(ice, heat, therapy, etc.) along with your medicines
	+ Keep all doctor visits
	+ Continue regular exercise as prescribed
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| **YELLOW ZONE** | **CAUTION (WARNING)****If you have any of the following:*** Pain that is not at your comfort level with your usual treatments
* You are not able to do basic activities or rest comfortably
* New pain you have never had before
* If you are taking opioid medication, 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 plan may need to be changed
* Actions:
* Call **your** **home health nurse**

*(agency’s phone number)** + Or call **your doctor**

*(doctor’s phone number)* |
| **RED ZONE** | **EMERGENCY*** You cannot get any relief from your usual treatments
* You have new, severe pain
* If you are taking opioid pain medication, your bowels have not moved for more than 3 days
* You are extremely sleepy
* You are throwing up
* You are confused
 | **Act NOW!*** You or your family need to call your nurse or doctor right away
* Actions:
* **Call your** **home health nurse**

*(agency’s phone number)** + **OR call your doctor right away**

*(doctor’s phone number)* |

*References:* Hinkle & Cheever. (2018). Bruner & Suddarth’s Textbook of Medical-Surgical Nursing. 14th Edition; Lewis,Dirksen, Heitkemper, & Bucher. (2014). *Medical-Surgical Nursing: Assessment and Management of Clinical Problems*,9th Edition; [*WebMD,*](http://www.webmd.com/pain-management/pain-management-faq#0) *2014*

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