**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 |
| --- | --- | --- |
| **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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