

# Nurse/Therapist Guide to Patient Self Management Tool

## Managing Your Pain at Home (Zones)

1. Use this tool ONLY if your agency has a system in place for a nurse or therapist to respond to patient calls at all times during the day and night.
2. This tool does not, by itself, replace the need for comprehensive pain patient education. Use supplementary approaches to teach how and why to report pain, the common misconceptions about pain management, how to implement pain management techniques, and how to anticipate and manage side effects.
3. This is a tool to assist patients and their caregivers to figure out who and when to call for help. It is NOT an assessment tool
  - a. When pain is reported, a comprehensive pain assessment must be completed by the nurse or therapist
4. The blank spaces in the Green Zone are for the nurse or therapist to insert the following information:
  - a. Left side of the page – “Green zone: All clear”. Insert the patient determined goal for comfort (e.g.: level 2 on a scale of 0-10 or functional goal).
  - b. Right side in “Green Zone means” section – insert any non-drug interventions that the patient uses to manage pain.
5. Insert contact information for home health nurse at the bottom of the page.

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## Managing Your Pain at Home

### Green Zone: All clear

- Your comfort goal of \_\_\_\_\_ is met
- Pain doesn't interfere with activity, movement or ability to enjoy life
- If you're taking medication for pain, you are moving your bowels comfortably at least every other day
- You do not have new pain

### Green Zone Means:

- Your pain is under control at a level that is acceptable to you
- Continue taking your medications as directed
- Continue using \_\_\_\_\_ along with your medicines

### Yellow Zone: Caution

If you have any of the following symptoms:

- Pain that is moderate or severe or greater than 4 on a scale of 0-10 in spite of treatment
- New pain begins
- It has been 1-2 days since you've had a comfortable bowel movement
- Pain interferes with activity
- You're too sleepy or hard to wake up, or can't keep the pills down.

### Yellow Zone Means:

- Your symptoms may indicate that your pain management plan needs adjusting

**Call your home health nurse:**  
See contact information below

### Red Zone

- You haven't had a bowel movement for three or more days
- You experience new severe pain
- You have unacceptable pain relief
- A family member can't wake you up, you're throwing up, or are confused

### Red Zone Means:

- You need to be evaluated right away

**Call your home health nurse right away:**  
See contact information below

### YOUR Home Health Nurse:

Name: \_\_\_\_\_

Contact Number: \_\_\_\_\_

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