**Dear Caregiver,**

Thank you for providing care for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. In an effort to have continuity and to know what is working to make him/her feel better, please keep a record during your time with him/her, using the following Wong-Baker FACES® Pain Relief Log.

- Enter the time of day, medications given, if any, and keep track of his/her pain and nausea by using a 0-10 rating or let him/her tell you how he/she is feeling.  This will help us know if the medications he/she is taking for his/her symptoms are working well or if they need to be adjusted.  If he/she takes medicine for pain or nausea, follow up in 45 minutes or so to see if he/she is having relief and make a note of that.

- If he/she is eating or drinking, write it down, not to keep a strict log of what he/she is taking in, but to have an idea of what he/she is enjoying and able to eat and drink.

- In the *Caregiver’s Observations* column, note what you are seeing or comments he/she is making, for instance, watching television, relaxed, sleepy, alert, uncomfortable, complaining of pain, laughing, etc.

- Keep this simple for yourself, while understanding the information you provide will improve his/her care and help people who follow you know what has happened.

-You may use the self-assessment tool below, asking which face most closely illustrates the pain experienced and record the number in the pain relief log.



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| Wong-Baker FACES® Pain relief log |
| Patient Name |  |
| Date   TIMe  | Medications administered | pain rating(0-10) | nausea rating(0-10) | food & beverage  | Caregiver’s observations |
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