



# Pain Zone Too



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

## **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: Lewis, Dirksen, Heitkemper, & Bucher, (2014) Medical-Surgical Nursing: Assessment and Management of Clinical Problems, 9th Edition; WebMD, 2014; CHAMP-Advancing Home Health Care Excellence for Older People, 2009 This is an edited version of a document originally prepared by the TMF Quality Innovation Network Quality Improvement Organization, serving Arkansas, Missouri, Oklahoma, Puerto Rico and Texas, under contract with the Centers for Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. This material was edited by the New England QIN-QIO, the Medicare Quality Innovation Network-Quality Improvement Organization for New England, under contract with CMS, and adapted by Atlantic Quality Innovation Network, the Medicare Quality Innovation Network-Quality Improvement Organization for New York, South Carolina, and the District of Columbia, under contract with CMS. The contents do not necessarily reflect CMS policy. 11SOW-AQIN3-TskC3.6-18-05

(doctor's phone number)