



Caregiver's Daily Medication Diary

WA Country Health Service

Date and Time	Medication	Dose	Reason for Injection
..... / / am pm			.. Pain .. Nausea .. Restlessness .. Breathlessness .. Other
..... / / am pm			.. Pain .. Nausea .. Restlessness .. Breathlessness .. Other
..... / / am pm			.. Pain .. Nausea .. Restlessness .. Breathlessness .. Other
..... / / am pm			.. Pain .. Nausea .. Restlessness .. Breathlessness .. Other
..... / / am pm			.. Pain .. Nausea .. Restlessness .. Breathlessness .. Other



Pain Scales

Palliative care nursing staff will educate you on the pain scores/scales so that the appropriate pain relief can be administered accordingly.

Please write down the pain score before and after giving medication, noting the changes in the comment section. Please liaise with the Palliative Care nursing staff for assistance.

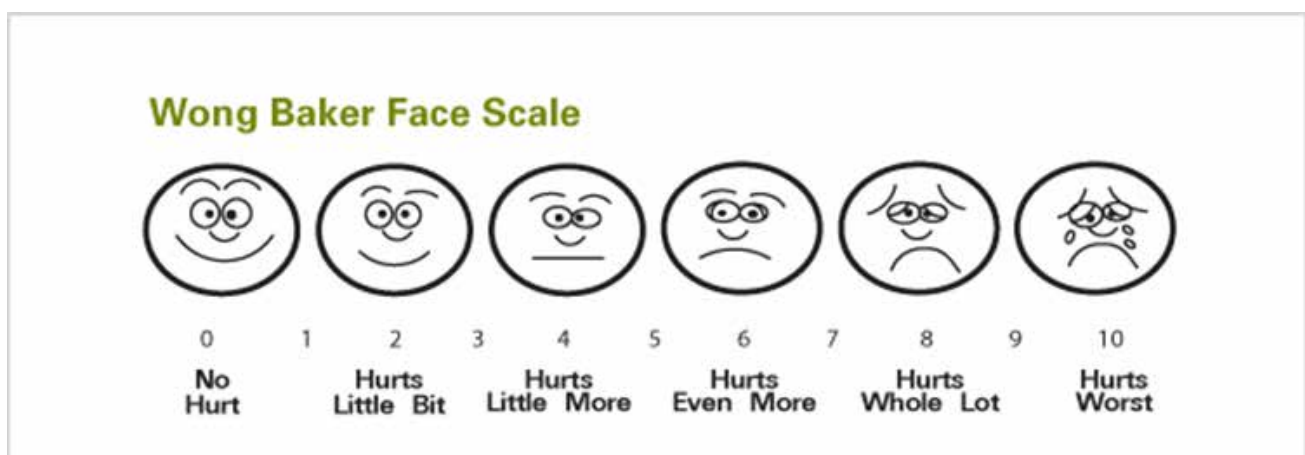
Numerical Rating Scale (NRS)

Where 0 is no pain and 10 is worst possible



Face Rating Scales (FRC)

This is useful for patients who find the numbered charts difficult, it addresses “how you feel”. The far left face indicates ‘no pain’ and the right ‘worst pain ever’





Behavioural Rating Scale (BRS)

Designed for use in non-verbal patients

	Score = 0	Score = 1	Score = 2	Cumulative Score
Face	Face muscles relaxed	Facial Muscle tension, frown, grimace	Frequent to constant frown, clenching of jaw	Face Score:
Restlessness	Quiet, relaxed appearance, normal movement	Occasional restless movement, shifting position	Frequent restless movement may include extremities or head	Restlessness Score:
Muscle tone	Normal muscle tone	Increased tone, flexion of fingers and toes	Rigid tone	Muscle tone Score:
Vocalisation	No abnormal sounds	Occasional moans, cries, whimpers and grunts	Frequent or continuous moans, cries, whimpers or grunts	Vocalisation Score:
Consolability	Content and relaxed	Reassured by touching, distractible	Difficult to comfort by touch or talk	Consolability Score:
Total Score				/ 10

Numerical Rating Scale (NRS)

Where 0 is no pain and 10 is worst possible



Pain / Symptom Score Before (0-10)	Pain / Symptom Score After (0-10)	Comments