

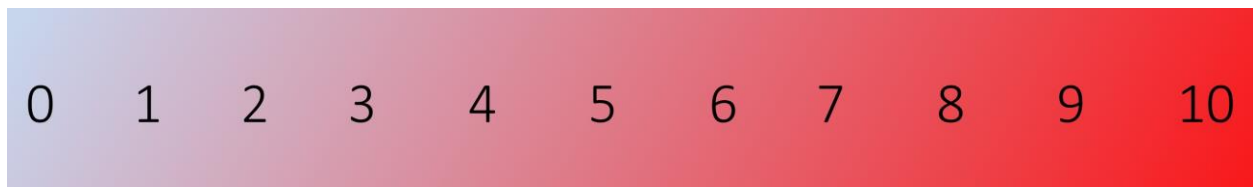
# The Pain and Illness Burnout Scale

**What is pain burnout, or illness burnout?** Long-term pain or chronic illness can lead to feeling burned out. Importantly, pain and illness can leave you feeling depleted. This may not be due to the pain or illness itself, but due to the amount of effort and energy you expend in taking care of yourself and staying on top of responsibilities. This can be trying to communicate with healthcare providers, interfacing with employers or teachers about your needs, trying to get enough rest and recuperation, trying different treatments, feeling like you're not a good enough parent or partner, and often coming to feel socially, emotionally and financially depleted.

**Why this is important:** Look to see where you are, and make sure you alert people involved in your care where you are on this scale because it may help them think of ways to improve your care. It may also help you to make adjustments in your life. The pain scale is right below, use it to mark how much pain you're currently in.

**Directions:** Mark on the color bar where you currently are. If you're color-vision impaired, use the numbers. Put today's date at the top so you can see changes in these important factors over time. Burnout and pain measure different factors, so how you mark them may be different. Taking care of both is important.

## *The Pain and Illness Burnout Scale*



No burnout

Somewhat burned out

Burned out

## *Current Intensity of Pain*



No pain

Moderate pain

Extreme pain