

## Pain Symptom Notes

Given the direction in which medical care is evolving (multiple doctors including someone completely new when you have been admitted a “Hospitalist.” It is important that the patient gets their primary and ongoing concerns communicated.

When I provided Speech Therapy in hospital, nursing home, and home health settings I reinforced the Notecard Technique:

Write your patient concerns on a notecard and don't let the doctor walk out of the room until all of them have been addressed.

Wave it at the doctor if you have to.

Now, most patients or caregivers have smartphones which can help them improve their odds of effective patient to doctor communication.

Smartphones come with Notes, Memo, or a similar icon which allows the user to write or say and record phrases for recall.

Start your Note with the date of the symptoms and significant times.

Title it so you can find it easily and add to it as needed.

Then add “Who, What, How, Where, and How long?” as clearly as you can.

Look at My Pain Alert® Scale Plus card for ideas as to how to say what you need.

Save it.

Go back to it after time and record what remedy action was tried, did it work?

Note that too.

Save it.

If you have a patient portal: Go into your page and copy and paste directly to your doctor via their non-urgent email system.

That is it. Like shampoo – rinse and repeat.