Chronic Pain Care Plan

This plan lays out the key information that the provider and patient agree will be used to manage the patient's pain.

| Goals Examples: specific activity, hobby, or sport, improve sleep, increase physical activity, manage stress Pain Management Plan Medications: Other therapies: Self-Care Activities: Referrals: Examples: physical therapy, exercise, cognitive behavioral therapy, mindfulness | oday's date: | Diagnosis for chronic pain: |
|---|-------------------|--|
| Examples: specific activity, hobby, or sport, improve sleep, increase physical activity, manage stress Pain Management Plan Medications: Other therapies: Self-Care Activities: Referrals: | Goals | |
| Medications: Other therapies: Self-Care Activities: Referrals: | | Examples: specific activity, hobby, or sport, improve sleep, increase physical activity, |
| Other therapies: Self-Care Activities: Referrals: | | Pain Management Plan |
| Self-Care Activities: | Treatment | Medications: |
| Referrals: | | Other therapies: |
| | | Self-Care Activities: |
| Examples: physical therapy, exercise, cognitive behavioral therapy, mindfulness | | Referrals: |
| | | Examples: physical therapy, exercise, cognitive behavioral therapy, mindfulness |
| | | |
| Follow Up Return to clinic in: | Follow Up Plan | Return to clinic in: |
| · | | Let me know if: |

