

People who suffer from chronic pain often find it difficult to verbalise the discomfort that they experience – either they can't find the right words to describe their pain or by the time their doctor's appointment comes around they've forgotten important details.

A pain diary, which is a written record of one's pain, can help one's doctor to make a more prompt diagnosis. The diary contains the following information:

- When one experiences pain
- A description of what the pain feels like
- A record of drugs taken

Patient Diary

When did the pain begin?	When did the pain end?	Where did you hurt? (In one place or did the pain move?)	What did the pain feel like?	What drugs, if any did you take for the pain?	Did the drugs help?

Terms that can be used to describe one's chronic pain

The following terms may be useful when filling out a pain diary:

- Aching, dull, sore, pressing, deep, gnawing
- On the surface, tender, pinching, sharp
- Burning, pins and needles, prickling, shooting, electric
- Stabbing, pounding, throbbing, pulsing, crushing
- Cramping, knotlike, stretching, tight