

## The McGill Home Recording Card for Pain

Overview: The McGill Home Recording Card can help a person with pain keep track of the pain and its influence on his or her life over time. This can help the physician adjust medications or add adjunctive therapies to improve the patient's quality of life. It was designed for use in conjunction with McGill Pain Questionnaire (see above).

NOTE: The implemented card differs from that shown in the article but takes its elements from the article's content.

### McGill Home Recording Card

#### Card

- columns: morning noon dinner bedtime
- rows: Monday to Sunday

Please record:

- (1) pain
- (2) number of analgesics you have taken
- (3) Please make note of any unusual symptoms pains or activities on the back of the card.
- (4) number of hours of sleep (in morning column)

<b>Pain</b>	<b>Points</b>
no pain	0
mild	1
discomforting	2
distressing	3
horrible	4
excruciating	5

#### Other Elements

Description of analgesic use (page 292):

- types
- number taken
- duration of relief

- amount of relief

Effects of pain (page 306):

(1) on sleep

(2) sexual relations

<b>Sleep</b>	<b>Change</b>	<b>Points</b>
trouble falling asleep	never	0
	sometimes	1
	always	2
medication need to fall asleep	never	0
	sometimes	1
	always	2
awakened by pain	never	0
	sometimes	1
	always	2

<b>Sexual Relations</b>	<b>Change</b>	<b>Points</b>
desire	same as before	0
	somewhat less than before	1
	very much less than before	2
	none at all	3
ability	same as before	0
	somewhat less than before	1
	very much less than before	2
	none at all	3

References:

Melzack R. The McGill Pain Questionnaire: Major properties and scoring methods. Pain. 1975; 1: 277-299.