

PAIN PASS



HELP BREAK THE BIAS AND NAVIGATE YOUR PAIN JOURNEY WITH CONFIDENCE

1 IN 2 WOMEN FEEL THEY HAVE HAD THEIR PAIN DISMISSED BECAUSE OF THEIR GENDER.

This free tool is designed to help you tackle bias and have a constructive conversation with your healthcare professional.

Track your pain, record your symptoms and learn what to do when facing bias.

When facing bias, remember the PASS acronym:

Pause the conversation

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If you feel like you aren't being heard, pause the conversation "can we pause here, and discuss this in a bit more detail together?"

Ask questions for clarity

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Clarify with your healthcare professional how they came to their diagnosis and what their treatment plan is.

Speak up

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Your pain is valid, have the confidence to know you can speak up if you feel your concerns have been ignored or dismissed.

Seek another opinion

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If you continue to feel like your healthcare professional does not fully understand your situation, you're entitled to ask for a second opinion "I'd like another opinion, could you refer me to someone else?"

PAIN WORDS

How does your pain feel? Mark the words that best describe your pain.

Stabbing

Burning

Cramping

Shooting

Sharp

Heaviness

Aching

Twisting

Pinching

Spasms

Throbbing

Tingling

Pulsing

Dull

Gnawing

Tightness

Can't find the right words, add your own pain descriptions here:

HOW MUCH DOES PAIN DISRUPT YOUR LIFE?

Knowing how, and how much, your pain impacts your life can be useful when looking for a diagnosis.

Use this scale to explain how much your pain disrupts your life.

Minimally

Severely

1

2

3

4

5

I can carry on as normal

I've noticed some changes

I'm struggling more than usual and need help from others to manage

I'm noticing a lot of disruption to my life, sleep, work and family

I can't manage with my normal routine, everything is affected

CALENDAR

Use this to track which days you've been in pain and how severe the pain was. Mark the days with the corresponding number below.

- 1 Mild
- 2 Moderate
- 3 Severe

Month	1	2	3	4	5	6	7	
	8	9	10	11	12	13	14	
	15	16	17	18	19	20	21	
	22	23	24	25	26	27	28	
	29	30	31					
	Total number of days in pain this month							

Month	1	2	3	4	5	6	7	
	8	9	10	11	12	13	14	
	15	16	17	18	19	20	21	
	22	23	24	25	26	27	28	
	29	30	31					
	Total number of days in pain this month							

THINGS TO REMEMBER AT YOUR APPOINTMENT

Always remember the PASS acronym.

Your pain matters, you are entitled to ask for help.

Your family history is relevant; heart disease, diabetes, cancer, thyroid issues or any other conditions, do share it.

If you feel you need additional support, consider bringing a close friend or family member with you to your appointment.

MY PAIN SUBMISSION

Use this to keep a log of the times you share your pain with a Healthcare Professional.

Date

Time

Doctor
