

## Pain Assessment Checklist

### 1. I would describe my pain as: (Check all that apply.)

- Pins and needles
- Stabbing/shooting
- Burning
- Aching/throbbing
- Numb
- Sharp

### 2. My pain worsens: (Check all that apply.)

- In the morning
- In the afternoon
- In the evening
- While sleeping

### 3. I would rate my pain as: (Use scale below 0=no pain, 10=most pain)

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- 0 1 2 3 4 5 6 7 8 9 10

### 4. I have been diagnosed with:

- Diabetes
- Shingles
- Neither

### 5. My pain interferes with my ability to: (Check all that apply.)

- Go up or down stairs
- Get in or out of a car
- Get in or out of bed
- Play with kids/grandkids
- Perform heavy chores
- Sleep
- Perform daily activities such as shopping

### 6. I am taking or have taken medication for my pain:

- Yes
- No

### 7. If yes, the medicine(s):

- Help(s) me with my pain
- Do(es) not help me with my pain
- Help(s) for a time, then wears off too soon



## Diabetic Neuropathy Program



LifeCare Solutions

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## About our Company

LifeCare Solutions is a full service Medicare certified Home Health Agency serving Palm Beach County. We provide skilled nursing and therapy care in your home, under the direction of your physician.

Our Diabetic Neuropathy Program has been developed to provide services in the home to treat your condition.

Our Comprehensive services include:

- Treatment for wounds resulting from poor circulation, chronic venous insufficiency, diabetes with neuropathy, pressure due to immobility
- Diet education and meal planning
- Blood sugar monitoring, insulin administration and management
- Pain Assessment
- Resource Education

## About Your Condition

### Diabetic Nerve Pain

Diabetic Nerve Pain is caused by damage to your nerves. It is also known as Diabetic Peripheral Neuropathy, or DPN. DPN is often found in people with diabetes who have high blood sugar levels over time. Your doctor may be able to help you get better control of your blood sugar level. This may help prevent more nerve damage.

### What Does Diabetic Nerve Pain Feel Like?

If you have nerve pain, it may be hard to do simple things like dressing, walking, or even just lying down.

Some people with DPN may have symptoms that include:

- Tingling in the toes and ankles
- Burning in the feet that gets worse at night
- Pain when wearing shoes or standing

## Could You Have Diabetic Nerve Pain? Check Out Your Pain

Complete the [Pain Assessment Checklist](#) on the back cover of this brochure. Take the results to your doctor. The Checklist can help you discuss with your doctor whether the pain could be Diabetic Nerve Pain.

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