



# 1 IN 2 WOMEN FEEL THEY HAD THEIR PAIN IGNORED OR DISMISSED\*

## PAIN PASS

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:

<p><b>Pause</b> the conversation</p> <p><b>P</b>   </p> <p>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?"</p>	<p><b>Ask questions</b> for clarity</p> <p><b>A</b> ?</p> <p>Clarify with your healthcare professional how they came to their diagnosis and what their treatment plan is.</p>	<p><b>Speak up</b></p> <p><b>S</b> </p> <p>Your pain is valid, have the confidence to know you can speak up if you feel your concerns have been ignored or dismissed.</p>	<p><b>Seek another</b> opinion</p> <p><b>S</b> </p> <p>If you continue to feel like your situation is not fully understood you're entitled to ask for a second opinion "I'd like another opinion, could you refer me to somebody else?"</p>
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### PAIN WORDS

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

Stabbing	Burning	Cramping	Shooting	Heaviness	Dull
Spasms	Sharp	Aching	Twisting	Pinching	Throbbing
Tightness	Tingling	Add your own:	<input type="text"/>	<input type="text"/>	<input type="text"/>

### 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		Moderately		Severely
<b>1</b>	—	<b>3</b>	—	<b>5</b>
I can carry on as normal		I'm struggling more than usual and need help from others to manage		I can't manage with my normal routine, everything is affected
	<b>2</b>		<b>4</b>	
	I've noticed some changes		I'm noticing a lot of disruption to my life, sleep, work and family	



## CALENDAR

Use this to track which days you've been in pain and how severe the pain was, based on how much the pain disrupted your daily activities. Mark the days with the corresponding number below - refer to the definitions at the bottom of the previous page to better understand what the different pain severity terms mean.



Month

Total number of days with pain this 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				

Month

Total number of days with pain this 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				

## THINGS TO REMEMBER AT YOUR APPOINTMENT

- Always remember the PASS acronym.
- Your pain matters, you are entitled to ask for help.
- Your health family history is relevant, 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