

Your SCD Diary

Tracking your pain crises (also called pain episodes) is important in managing sickle cell disease. Please only consider pain crisis events (episodes) and not background pain you experience on a day-to-day basis. **Use these sheets to record pain crises, symptoms, triggers, and other important information about pain crises.** Share this information with your health care team.

Write in the month and circle the day that the pain crisis started and ended.

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			

If needed, use this calendar to record the date the pain crises ends.

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

How intense was your pain?

Circle the number and description.

1	2	3	4	5	6	7	8	9	10
Slight	Mild	Moderate	Severe	Extreme					

Where did you feel it?
Circle the affected areas.



Front



Back

What were you unable to do during this time? Circle.



School



Work



Sleep



Take care of family

Other _____

Any other symptoms? Check the box.

- Tired
- Fever
- Shortness of breath
- Dizziness
- Nausea
- Other

What, if anything, happened before?
What were the triggers? Circle.



Temperature change



Wind



Altitude



Stress



Exercise



Dehydration



Infection



Nothing

Other _____

What did you do to help the pain?



Pain medication



Went to ER



Used heat



Relaxation technique

Other _____

Notes: _____

