

Doctor Visit Pain Summary Template

A one-page visit triage sheet for the pattern, the limit, the response, and the question that cannot disappear.

Routing Note

Need: Appointments move fast. Memory fractures faster. This page is the short version that still leaves a record behind.
Tool: Use it to triage your appointment: main pattern, main limit, main treatment response, main question.
Rule: Do not narrate everything. Hand them the clearest proof first.

Name: _____

Date Range: _____

Doctor / Clinic: _____

Appointment Date: _____

Pain Pattern Snapshot

Summarize the clearest pattern from the last 7 to 14 days instead of rewriting every daily entry.

Average Pain	Worst Pain	Main Locations	Top Triggers	Best Relief	Most Limited Activity

Medication and Treatment Response

Medication / Treatment	Helped?	How Long?	Side Effects	Still Using?

Questions and Goals for This Visit

Top 3 Questions

Notes During Appointment

Plan, referrals, tests, and follow-up
