

Introduction

People find it useful to agree one or two goals each time they see their specialist nurse. This helps with planning how to manage their pain with opioid medicines. Setting goals and writing a plan to achieve these goals allows you and your specialist nurse to be clear about what you are aiming to achieve. The goals people choose depend on what is most important to them.

Things I would like to achieve:

Example: To sleep better at night with less pain

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What I will do to help me get there:

Example: To take my MST (morphine tablets) at 7pm so that it has time to be working by 10pm

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Today's Date:

My Signature: Specialist Nurse's Signature:

The space below can be used to note down what went well with the plan and what worked, as well as things that were difficult to do or didn't go to plan. These notes can help you and your specialist nurse review these goals and make a new plan if needed.

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Things I would like to achieve over the next week

