

## Objective: Define My Treatment Goals

You play an important role in forming your treatment plan. Follow these steps to define your treatment goals. This will allow you to communicate the impact of PDPN to your Healthcare Provider (HCP).

Date of Last Visit:  /  /



### 1 Pain Level

Circle your average level below

- A** - Improved Since Last Visit
- B** - About the Same Since Last Visit
- C** - Worse Since Last Visit



### 2 Activity Level

Circle your average level below

- A** - Improved Since Last Visit
- B** - About the Same Since Last Visit
- C** - Worse Since Last Visit

### My pain interferes with these activities (circle all that apply)



hobbies



sleep



work



family



social



intimacy



housework



exercise



### 3 Treatment Goals

Set 3 treatment goals... use the examples below or write your own goals

1. **Example:** Adjust my current treatment to better manage my pain.  
**Goal 1:** \_\_\_\_\_
2. **Example:** Restore my ability to complete tasks and increase my activity levels.  
**Goal 2:** \_\_\_\_\_
3. **Example:** I'd like to talk about combination treatments and therapies.  
**Goal 3:** \_\_\_\_\_



Don't give up! If the first treatment option isn't successful talk to your HCP about additional treatment options. Combining several treatments may help unresolved PDPN pain. By utilizing this resource, healthcare teams can help you find the right combination of treatments and what obstacles might stand in your way. Ask for help in reaching your goal. Keep in mind that you are part of the healthcare team, and you have a voice in the decisions regarding your care. ACPA does not offer medical advice. Always consult a medical professional with all healthcare concerns.