Have you talked about pain today?

What is acute pain?
Acute pain is pain that comes on quickly. It can be intense and does not usually last longer than 30 days.

How does acute pain happen?
Acute pain can be caused by medical procedures, illnesses and, most often, injury. Use the back of this card to mark where you have pain.

How do I know if my child has acute pain?
Share this card with your health care provider to start a conversation about pain.

Made possible by

Holland Bloorview
Kids Rehabilitation Hospital Foundation

Ontario
Circle where you have pain:

- Right
- Left

Share with your health care provider at your next appointment