


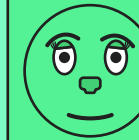
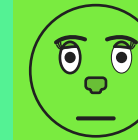
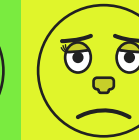
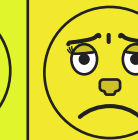


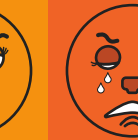




Pain Diary

for Autosomal Dominant Polycystic Kidney Disease (ADPKD)

► Often, doctors ask patients to describe their pain using a scale from 1 to 10, where 0 is no pain and 10 is extreme pain. This scale also describes how pain is impacting your quality of life and/or ability to complete daily activities. You can use the infographic included in this pain diary to determine how to rate your pain.

| |  |  |  |  |  |  |  |  |  |  |  | |
|---------------------------------|---|--|--|---|---|---|---|---|--|---|--|-----------------|
| Pain Intensity | 0 No pain | 1-2 Mild Pain | | 3-5 Moderate Pain | | | 6-7 Severe Pain | | 8-9 Very Severe Pain | | 10 Worst Pain Possible | |
| Impact on Quality of Life (QoL) | Normal Quality of Life |  | | | | | | | | | | Non-Functioning |
| | <ul style="list-style-type: none"> • Work/volunteer, normal activities each day • Social life outside of work • Take an active part in family life | <ul style="list-style-type: none"> • Work/volunteer, be active 8 hours daily • Outside social activities limited • Take part in family life | <ul style="list-style-type: none"> • Work/volunteer, at least 6 hours daily • Have energy to make plans for 1 social activity weekly • Active on weekends | <ul style="list-style-type: none"> • Work/volunteer, a few hours daily • Active at least 5 hours a day • Do simple activities on the weekend | <ul style="list-style-type: none"> • Work/volunteer, limited hours • Take part in limited social activities on weekends | <ul style="list-style-type: none"> • Work/volunteer, minimal hours possible • Do simple chores around house • Minimal activities outside of home 2 days a week | <ul style="list-style-type: none"> • Not able to work/volunteer • Struggle but fulfill daily home responsibilities • No outside activity | <ul style="list-style-type: none"> • Get dressed in morning • Minimal activities at home • Contact with friends via phone, email | <ul style="list-style-type: none"> • Get out of bed but don't get dressed • Stay at home all day | <ul style="list-style-type: none"> • Stay in bed at least half the day • Have no contact with outside world | <ul style="list-style-type: none"> • Stay in bed all day • Feel hopeless and helpless about life | |

[Link to references](#)

