

SMART Goal: Specific, Measurable, Achievable, Realistic, Timely

Medication related therapy goals at the SCPCN Pain Clinic:

Example: My opioid medication is affecting my memory and my ability to return to work. In the next six months I would like to reduce it to a dose that does not impair my memory so I can do my job well.

1.

2.

3.

Questions I want to ask (include topics about medications or therapies for pain management)