

# The Sickle Cell Pain Action Plan: A low-literacy, pictographic tool to enhance self-management and guideline concordance

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## Hosted file

Sickle Cell\_Letter to Editor\_PTR\_28FEB.docx available at <https://authorea.com/users/463037/articles/558254-the-sickle-cell-pain-action-plan-a-low-literacy-pictographic-tool-to-enhance-self-management-and-guideline-concordance>

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Table 1\_Sickle Cell Pain.docx available at <https://authorea.com/users/463037/articles/558254-the-sickle-cell-pain-action-plan-a-low-literacy-pictographic-tool-to-enhance-self-management-and-guideline-concordance>

**Formally Endorsed by the Sickle Cell Disease Association of America**

**My Sickle Cell Pain Action Plan**

Patient name: John Smith Date of Birth: 01/15/2010 Today's Date: 01/19/2022

Physician name: Patrick T. Reeves Medical Team Contact: 301-295-4000 Weight: 50 Kg Height: 165 cm BSA: 1.53

Special instructions if: feeling good, mild pain, emergency

**PREVENTION**

Scheduled Medicines: How Much: How Often: Instructions:

Hydrocodone: 100mg: Once daily:

**BREAKTHROUGH**

Step-Up Medicines: How Much: How Often: Instructions:

Hydrocodone (MOR): 100mg: Every 8 hours:

Hydrocodone (MOR): 100mg: Every 8 hours:

Breakthrough Medicines: How Much: How Often: Instructions:

Oxycodone IR: 5mg: Every 4 hours: For pain not responsive to Hydrocodone

**UNCONTROLLED**

CALL Hematology On-call: 301-295-4000

**EMERGENCY**

For any of these, go to the Emergency Room:

1. EVALUATION: Obtain vital signs and PERNS, IV access and labs.

2. TREAT per clinical scenario

3. FOLLOW: See ED Algorithm checklist above

4. CALL Hematology On-call: 301-295-4000

**Green-Yellow-Red "Stoplight" system**

**Physician signature locks form**

**Automatic Body Surface Area calculator**

**Close-looped communication: Medical Team Contact, Automatically populates throughout the form after single entry (See Gold Stars)**

**Free-text for additional instructions (e.g. nonpharmacotherapy options like meditation)**

**Breakthrough options for multimodal response to symptoms at home**

**Free-text for patient personalized protocol**

**Summary video for Patients/Caregivers**