

Tips on Talking About Pain With Your Healthcare Provider

Pain assessment is critical to effective pain management. The following approach to assessing your pain-focusing on words to describe intensity, location, duration and aggravating and alleviating factors-will better help your healthcare provider develop effective treatment strategies.

Words to Describe Pain

<input type="checkbox"/> Aching	<input type="checkbox"/> Throbbing	<input type="checkbox"/> Shooting
<input type="checkbox"/> Stabbing	<input type="checkbox"/> Gnawing	<input type="checkbox"/> Sharp
<input type="checkbox"/> Tender	<input type="checkbox"/> Burning	<input type="checkbox"/> Exhausting
<input type="checkbox"/> Tiring	<input type="checkbox"/> Penetrating	<input type="checkbox"/> Nagging
<input type="checkbox"/> Numb	<input type="checkbox"/> Miserable	<input type="checkbox"/> Unbearable
<input type="checkbox"/> Dull	<input type="checkbox"/> Radiating	<input type="checkbox"/> Squeezing
<input type="checkbox"/> Cramping	<input type="checkbox"/> Deep	<input type="checkbox"/> Pressure

Intensity (0 to 10)

If 0 is no pain and 10 is the worst possible pain, what is your pain now? In the last 24 hours? _____

Location

Where is your pain? _____

Duration

Is the pain always there? Or does the pain come and go (breakthrough pain)? Do you have both types of pain?

Does pain affect:

<input type="checkbox"/> Sleep	<input type="checkbox"/> Energy	<input type="checkbox"/> Relationships
<input type="checkbox"/> Appetite	<input type="checkbox"/> Activity	<input type="checkbox"/> Mood

Are you experiencing any other symptoms?

<input type="checkbox"/> Nausea/vomiting	<input type="checkbox"/> Itching	<input type="checkbox"/> Urinary retention
<input type="checkbox"/> Constipation	<input type="checkbox"/> Sleepiness/confusion	<input type="checkbox"/> Weakness