

# Pain

## Questions from the healthcare provider

How severe is the pain?

Mild – Moderate – Severe

Rating pain on a scale from 0 to 10 can be helpful.

Zero means no pain, while 10 means the worst possible pain.

0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

Where is the pain?

- One spot, or different areas of the body? Starting in one area and spreading to another?
- All over, hard to pin down to one spot? Deep down, or near the surface or skin?

What does it feel like? What words describe it?

- Aching, throbbing? Burning, tingling, crawling, itchy? Squeezing? Is it stabbing, electric shock-like, or crampy?
- Very sensitive to touch, so that even gentle contact such as clothing, sheets, or showering is uncomfortable?

How long does it last? What makes it better?

- Always there? Off and on? Only with certain movement or activities like showering or dressing?
- Has the pain been there before, or something like it? What happened then?
- What makes it worse? Movement, coughing, deep breathing, certain movement?
- What makes it better? Medications, repositioning, relaxation, massage, imagery?

Medications – past and present:

- How effective are they? How often are they taken?
- Side effects or other problems, such as cost or number of pills needed.
- If medication has been stopped, why?

What is the effect of the pain?

- What is the person unable to do because of the pain?
- Is it affecting activities such as eating, sleeping, working, or having sex?
- Are they feeling discouraged, sad, or depressed?
- Does the pain make them worry about their disease?