Symptom Analysis



Precipitating

What brings on your pain or makes it worse?



Palliating

What relieves your pain (non-drug interventions) such as heat, cold, rest, movement, etc.



Previous Treatment

What medications have you tried to relieve your pain, how well did they work and did you have any side effects?



Quality

What words would you use to describe your pain?



Where is your pain (show me) and does it move anywhere?



Severity

Rate your pain on a 0-10 scale: best, worst, average, now, at rest, with movement.



Temporal

Is the pain persistent or intermittent? If intermittent, how many episodes per day? Duration? Pattern?



You (Associated Symptoms)

What does the pain keep you from doing?



