

# Communicating with patients about pain

## Ask Your Patient These Questions

- ❑ What is the location of your pain?
- ❑ What is the character of your pain?
- ❑ How and when did the pain start?
- ❑ Is the pain continuous or intermittent?
- ❑ What are the exacerbating and relieving factors of your pain? What makes it feel better or worse, including medication, rest, activity, stress, sleep or hot showers?
- ❑ What is the effect of stress on your pain, as well as the source of stressors?
- ❑ Any sleep disturbances?
- ❑ Any ongoing medical concerns?
- ❑ How does pain affect functioning at school or work?
- ❑ How does pain affect quality of life functions, such as relationships, sex or recreation?
- ❑ What does the patient expect from medications or other treatments in terms of analgesia or recovered functions?

Talk • Listen • Act

Let's Talk **PAIN**