

[HEADLINE]

Helping Patients Talk About Pain

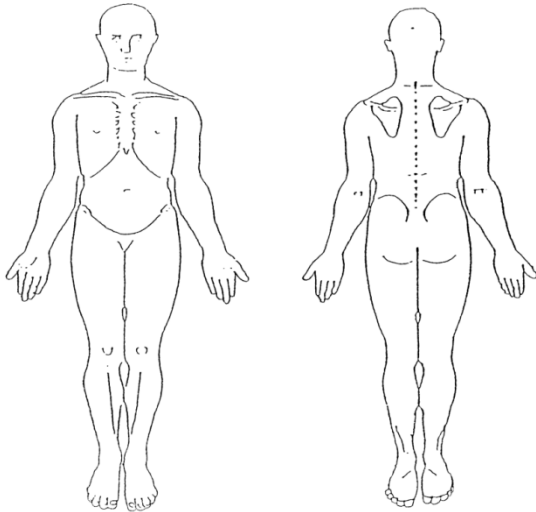
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This exercise can be completed by the patient while waiting to be seen by the clinician or as part of the history portion of a medical exam.

- Helps patients describe objectively and systematically the duration, severity, and extent of pain that they feel
- Provides the clinician with a specific and precise description of pain that can help facilitate the clinician's physical examination and recording of the patient's medical history
- NOT a validated diagnostic tool—intended to help patients describe pain to the clinicians in charge of their care

[SUBHEAD]

Instructions: Mark the locations of your pain on each of the body diagrams.



[FOOTER—SHOULD BE VISIBLE DURING ALL PHASES OF THIS ACTIVITY]

This exercise does NOT represent a validated diagnostic tool.

[Patient Case Study 1]

[HEADER]

Chloe

[PATIENT QUOTE]

*"I had a car accident a year ago. I was taken to the emergency room, but the doctors there said I had no serious injuries, just heavy bruising. I never really felt like I recovered from the accident, though. The bruises went away, but the **achy feeling and the fatigue** I experienced are still there. My older sister says she felt that way all the time until her doctor diagnosed her with fibromyalgia and treated her."*

[SUBHEAD]

Review of systems

[COPY]

- Negative

[SUBHEAD]

Previous medical history

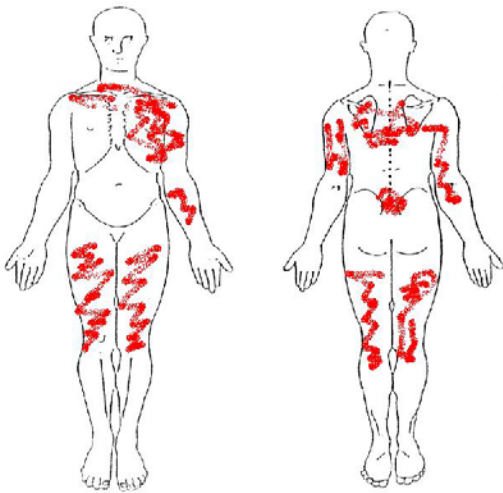
[COPY]

- No surgery
- No hospitalizations

[RESULTS OF CONVERSATION STARTER – SCRATCH DIAGRAM]

[SUBHEAD]

Instructions: Mark the locations of your pain on each of the body diagrams.



[

Patient Case Study 2]

[HEADER]

Annelise

[PATIENT QUOTE]

"My doctor diagnosed me a year ago with fibromyalgia. I take the medicine he prescribed, but I still have pain."

[SUBHEAD]

Review of systems

[COPY]

- Constipation, drowsiness, and fatigue

[SUBHEAD]

Previous medical history

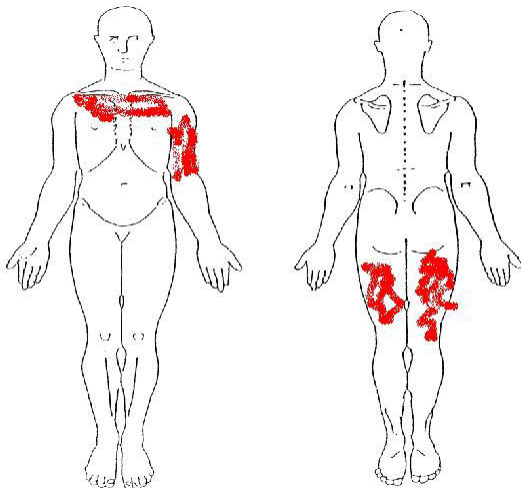
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- No surgery
- No hospitalizations
- Fibromyalgia diagnosed one year ago and treated with tricyclic antidepressant and opioid agent

[RESULTS OF CONVERSATION STARTER – SCRATCH DIAGRAM]

[SUBHEAD]

Instructions: Mark the locations of your pain on each of the body diagrams.



[Patient Case Study 3]

[HEADER]

Maria

[PATIENT QUOTE]

"I had never heard of fibromyalgia until my doctor told me I had it. I was relieved when he told me that it was manageable."

[SUBHEAD]

Review of systems

[COPY]

- Indeterminate constipation and diarrhea
- Bloating
- Nausea that frequently flares up during periods of stress
- Difficulty concentrating
- No significant weight loss

[SUBHEAD]

Previous medical history

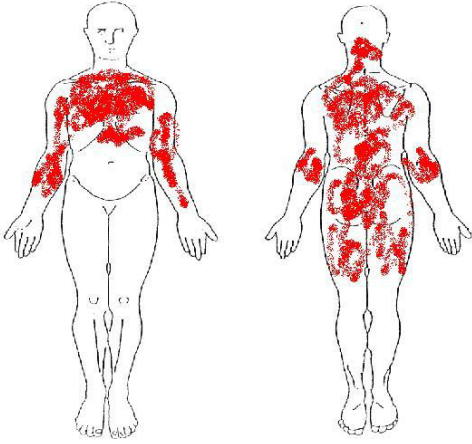
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- No surgery
- No hospitalizations

[RESULTS OF CONVERSATION STARTER – SCRATCH DIAGRAM]

[SUBHEAD]

Instructions: Mark the locations of your pain on each of the body diagrams.



[Patient Case Study 4]

[HEADER]
Elizabeth

[PATIENT QUOTE]

"I have this aching pain that never seems to go away, I'm always tired, and lately, I have been really depressed. I wish I knew what was wrong with me."

[SUBHEAD]

Review of systems

[COPY]

- Less frequent menstrual periods (q 6 weeks), 2-kg weight gain over the past year

[SUBHEAD]

Previous medical history

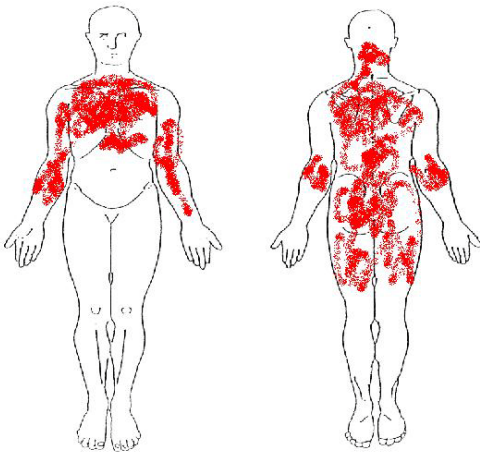
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- No surgery
- Two normal childbirths
- History of depression—not currently on an antidepressant
- Chronic pain—treated with muscle relaxant and NSAID prn

[RESULTS OF CONVERSATION STARTER – SCRATCH DIAGRAM]

[SUBHEAD]

Instructions: Mark the locations of your pain on each of the body diagrams.



[Patient Case Study 5]

[HEADER]

Nigel

[PATIENT QUOTE]

"I was always achy, and sometimes I hurt so much I could barely walk. I have had trouble sitting for long periods at work and using my computer because of the pain. Recently, I have been unable to come into work at all. I knew there was something wrong with me, but I wasn't sure what."

[SUBHEAD]

Review of systems

[COPY]

- Trouble sleeping through the night for almost a year

[SUBHEAD]

Previous medical history

[COPY]

- No surgery
- No hospitalizations
- Sleep disturbance treated with hypnotic for 6 months

[RESULTS OF CONVERSATION STARTER – SCRATCH DIAGRAM]

[SUBHEAD]

Instructions: Mark the locations of your pain on each of the body diagrams.

