

Example questions to ask during a comprehensive pain assessment interview

Pain history

- Where do you have pain/are you sore/aching or hurting?
- Can you describe how it feels? (e.g. numb, electric, pinching, shooting, tingling, ache, etc.)
- How long have you been in pain/aching/hurting?
- Does pain/aching ever keep you from sleeping at night?
- Does your pain/aching ever keep you from participating in activities/doing things you enjoy?
- How often do you have pain/are you aching or hurting? (Every day? Most days?)
- How much does it hurt/ache?
- When do you have pain/are you aching or hurting? What are you doing when it happens? Where do you feel it?

General medical history

- What medical conditions have you been diagnosed with? When were these diagnosed?
- Have you had any falls or near falls recently? Were you hurt?
- Have you had any nausea or dizziness?
- Have you been feeling generally unwell at all? Any unexpected weight loss, night sweats, trouble sleeping?
- Has there been anything unusual or out of the ordinary about your health or how you have been feeling?

Review of medications and other treatments

- What medications are you currently taking? Have you had any side effects from these?
- Are you receiving any other treatments for pain? How much have they been helping?

- What about non-drug treatments, is there anything else that you have been doing that helps?
- What have you tried that didn't help or that you have stopped?

Physical impact of pain

- How does it feel when you move? Are you still in pain when you are sitting or lying still?
- How does the pain affect the things you do normally? What things are you doing differently or have you stopped doing because of the pain?
- Has the pain affected your ability to do everything needed to take care of yourself as you normally do? (e.g. showering, toileting, brushing teeth, eating, getting dressed, etc.)
- How has the pain affected your sleeping? Are you able to get the rest you need?

Psychological factors

- How has the pain been making you feel about yourself and your life?
- What do you think about the pain and how you are coping with it?

Social factors

- Have your family and/or friends been helpful? Does the pain affect your relationships with them?
- Are you still able to get out and socialise as you usually do?

Goals

- What are you hoping to achieve with this pain management?
- What must happen for you to consider this pain management program to be successful? (Please understand that it may not be possible to be totally without pain, but it can be managed.)