

Richardson Pain Management Questionnaire

Name: _____ Date: _____

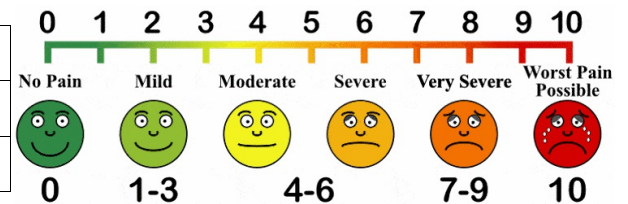
Function Level:

Please note below the level of function and specific difficulties.

Maintaining a safe environment & Housekeeping.	
Communication & Social Function.	
Breathing, Sleep & Alertness.	
Eating, drinking & Meal Preparation.	
Elimination (bowel & urination).	
Washing and dressing.	
Controlling temperature.	
Movement & Activity Level.	

Pain Level Range:

Average Pain Range:
Acute Pain Episodes:
Least Pain During Last Month:



Current Pain Management:

Medications (prescribed, OTC, herbal, supplements)	
Physical Approaches	
Psychological/ Spiritual Approaches	

Pain Management Programs Completed:

Name of Program	Date/s	Location

Current Pain Management Team:

Role	Provider	Address & Phone Number
Physician		
Psychologist/Counselor		
Physical Therapist		
Other		

Pain Management Methods You Have Used:

Muscle Relaxers

- Muscle Relaxation
- Cyclobenzaprine
- Baclofen
- Norflex (orphenadrine)
- Valium
- Zanaflex (Tizanidine)
- Natural Relaxers (Passiflora, Valerian, Chamomile, Licorice, Lobelia Extract, Calcium/ Magnesium)
- Vistaril or Hydroxyzine

- Vicodin
- Oxycodone
- Hydrocodone
- OxyContin
- Kadian
- MS Contin
- Lyrica
- Neurontin
- Amitriptyline
- Ultram
- Transdermal Pain Patches
- Natural Pain Killers (Kava Root, White Willow, Horsetail, Valerian, Cayenne Pepper)
- Prescribed Medical THC
- CBD oil

- Hot Tub/Spa
- Ultrasound
- TENS Unit
- Moist Heat & Ice Packs

Anti-Inflammatories

- NAISD
- Omega-3
- Aspirin
- Naprosyn
- Naproxen/Aleve
- Ibuprophen/Advil
- Acetaminophen/Tylenol
- Glucosamine - Chondroitin
- Bioflavonoids
- Systemic Enzyme
- Devil's Claw
- Grounding or Earthing

Manipulation & Physical Therapies

- Craniosacral Massage
- Massage
- Chiropractics
- Acupressure
- Acupuncture
- Stretching
- Yoga
- Occupational Therapy
- Physical Therapies
- Aquatic Therapy
- Traction

Psychological/Spiritual Methods

- Psychotherapy & Counseling
- Pacing Activities
- Sleep & Sleep Treatment
- Know Your Limitations
- Biofeedback/Neurofeedback
- Nutritional Balance
- Spirituality
- Psychopharmacology
- Support Groups
- Meditation & Distraction
- Hypnosis
- Self-hypnosis
- Transcendental Meditation
- Breathing Exercises (i.e., Hatha Yoga)
- Relaxation Techniques
- Stress Management
- Chi Training
- Tai Chi & Qi Gong
- Enjoyable Activities (distraction)
- Spiritual Exercises & Practices

Pain System Medications

- Morphine
- Methadone

Most Effective Methods:

Method	Comments