

Why should I fill out the Pain Questionnaire?

Sean was starting treatment for his chronic pain.

Each time he came to the clinic, he was asked to fill out a questionnaire before his appointment, either at home or in the waiting room.

He answered all the questions as best as he could.



When he went in to see his pain management specialist, they reviewed his answers to the questions and discussed his current and past pain. Using his answers and that discussion, Sean and his provider were able to improve his treatment plan.

Frequently Asked Questions (FAQs)

Before your appointment with your pain management specialist, you are asked to complete a questionnaire about your pain.

Q: Why do I need to fill this out? Can't I just talk with my provider?

A: Talking with your provider is essential. The pain questionnaire will help make your discussions with your provider more efficient and thorough. It also records your pain over time, since you fill it out at each visit. This makes it easier for your doctor to track your pain over time and to see whether your treatments are working.

Q: These questions are repetitive and redundant. Does it need to be so long?

A: We understand. The questionnaire was recently reviewed and shortened. The remaining items are needed to help your provider understand your full experience.

Q. Why are the same questions asked in different ways?

A: We're not trying to trick you. The questionnaire has several sets of questions that measure different aspects of your pain and health, such as sleep disturbance and how pain interferes with your daily life. Your answers in each area produce a score. To get an accurate score, you need to answer more than one question that asks about that part of your health. It may seem repetitive, but the more questions you answer, the better your doctor can understand your pain.

Q: The pain I'm seeking treatment for is different than my pain "right now." How should I answer?

A: Answer as truthfully as you can for both your average pain and your pain right now. During your conversation with your provider, you will have a chance to explain the difference.