

# PAIN ASSESSMENT

Name \_\_\_\_\_ Occupation \_\_\_\_\_ Date \_\_\_\_\_



## ANNAMAYA (THE PHYSICAL BODY)



**Location:** Where does it hurt?

**Onset:** When did it start hurting?

**Quality:** Describe the hurt...is it sharp, dull, achy, electric, numb, etc.?

**Radiation:** Does it radiate anywhere, like to an arm or leg?

**Intensity:** How bad is it (scale from one to ten)?

0	1	2	3	4	5	6	7	8	9	10
Pain Free	Very Mild	Discomforting	Tolerable	Distressing	Very Distressing	Intense	Very intense	Utterly Horrible	Excruciating Unbearable	Unimaginable Unspeakable
<b>No pain</b>	<b>Minor Pain</b>		<b>Moderate Pain</b>			<b>Severe Pain</b>				
Feeling perfectly normal	Nagging, annoying, but doesn't interfere with most daily activities.		Interferes significantly with daily living activities.			Disabling: unable to perform daily living activities. Cannot function independently.				

When does it hurt the most? (time of day)

Upon waking up     Morning     Afternoon     Evening     Before bed     At night

What makes it hurt more?

What makes it hurt less?



### ACTIVITIES

During the past 2 weeks, how much difficulty have you had doing your usual activities or tasks because of your physical and emotional health?

No difficulty    A little bit    Some difficulty    Much difficulty    Could not do

Which activities do you have trouble with?



## PRANAMAYA (THE VITAL BODY)



### 1. STRESS

During the past 2 weeks, how much stress have you experienced?

No stress	Very mild stress	Mild stress	Moderate stress	Severe stress
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Sources of stress



### 2. SLEEP

During the past 2 weeks, how much have your sleep been affected by this pain?

Not at all	Slightly	Moderately	Quite a bit	Extremely
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Which part of the sleep cycles do you have trouble with?

Falling asleep     Staying asleep     Going back to sleep     Waking up



### 3. ENERGY

During the past 2 weeks, how would you rate your energy?

Excellent	Very good	Good	Fair	Poor
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Does pain seem to affect any other physiological systems (digestive, circulatory, immune, etc.)?



## MANOMAYA (THE INTELLECTUAL MIND)

What do you think is going on?



### FOCUS

During the past 2 weeks, how much difficulty have you had focusing on tasks?

No difficulty	A little bit	Some difficulty	Much difficulty	Could not do
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Which tasks do you have trouble with?



## VIJNANAMAYA (THE PERSONALITY)



### 1. FEELINGS

During the past 2 weeks, how much have you been bothered by strong emotions such as feeling anxious, depressed, irritable or sad?

Not at all	Slightly	Moderately	Quite a bit	Extremely
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Is there a dominant emotion that keeps showing up?



### 2. OVERALL HEALTH

During the past 2 weeks, how would you rate your health in general?

Excellent	Very good	Good	Fair	Poor
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## ANANDAMAYA (THE HEART CENTER)



### 1. SOCIAL ACTIVITIES

During the past 2 weeks, has your physical and emotional health limited your social activities with family, friends, neighbors or groups?

Not at all	Slightly	Moderately	Quite a bit	Extremely
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### 2. SOCIAL SUPPORT

During the past 2 weeks, was someone available to help you if you needed and wanted help? For example, if you

- felt nervous, lonely or blue
- got sick and had to stay in bed
- needed someone to talk to
- needed help with daily chores

Yes, as much as I wanted	Yes, quite a bit	Yes, some	Yes, a little	No, not at all
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### 3. QUALITY OF LIFE

How have things been going for you during the past 2 weeks?

Very well, could hardly be better	Pretty good	Good and bad parts about equal	Pretty bad	Pretty bad: could hardly be worse
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