

Learn more about pain

- Pain is a very common and complex condition
- There are many different types of pain, which include muscle pain, joint pain, and nerve (sometimes called neuropathic) pain
- Whatever the cause, if you are in pain, you need to discuss your symptoms with your doctor

Introducing ID Pain™

ID Pain™ is the short screening tool contained in this pamphlet. By answering these few simple questions, you can help your doctor find out what type of pain you have and if your pain could be nerve pain. Take a few moments to complete the screening tool. Then bring the completed screening tool with you to your doctor, and discuss your answers with him or her.

Take the questionnaire

Getting a correct diagnosis.

Your doctor needs a clear description of what you are feeling to make the correct diagnosis. By completing the ID Pain™ screening tool and discussing your pain with your doctor, you will be providing information to help in that diagnosis.

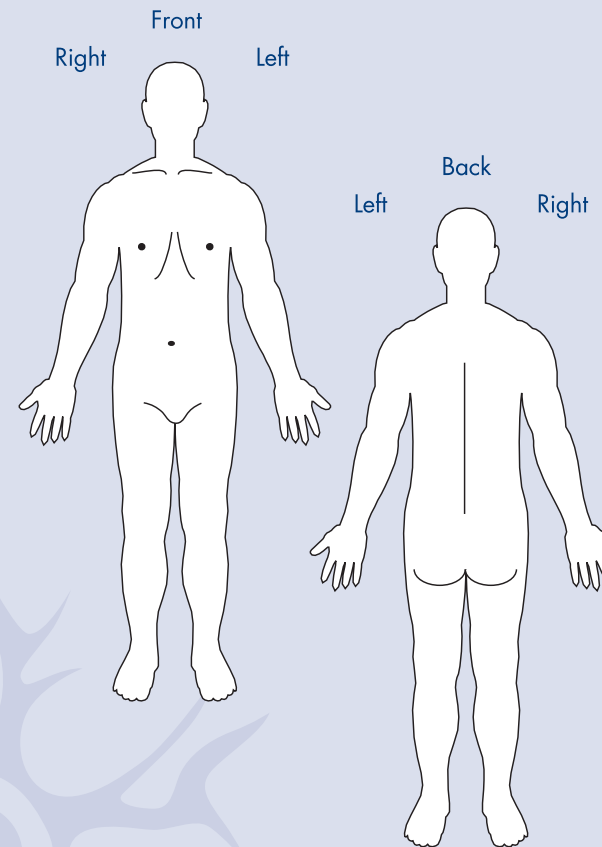
Step 1

Do you experience pain other than a headache or migraine?

YES NO

If you answer YES, continue. If you answer NO, you should still talk to your doctor about your pain symptoms.

On the diagram below, shade in the areas where you feel pain. If you have more than 1 painful area, circle the area that bothers you most.



Step 2

This section will help you clearly describe the type of pain you are feeling to your doctor.

First, complete the questions below. When you have finished, add up the points for your total score.

1. Did the pain feel like pins and needles?

YES (+1 point) NO (0 point)

2. Did the pain feel hot/burning?

YES (+1 point) NO (0 point)

3. Did the pain feel numb?

YES (+1 point) NO (0 point)

4. Did the pain feel like electrical shocks?

YES (+1 point) NO (0 point)

5. Is the pain made worse with the touch of clothing or bedsheets?

YES (+1 point) NO (0 point)

6. Is the pain limited to your joints?

YES (-1 point) NO (0 point)

Total score

Minimum total score = -1 Maximum total score = 5

If you score 2 or more, talk to your doctor about whether you may have nerve pain.

That's all you need to do!
Take this ID Pain™ screening tool with you to your doctor to discuss your pain.

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您正生活在疼痛中吗？

那是烧烫、刺痛、或是麻痹？

它是否影响您工作的能力或影响您与活动？

它是否影响您的睡眠或情绪？

如果是的话，请更进一步去了解...

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