NORTH TEXAS PAIN
RECOVERY CENTER

PATIENT INFORMATION

DATE:_____

PATIENT NAME:_____ AGE:_____ BIRTHDAY:_____

ADDRESS:_____ CITY:_____ STATE:___ ZIP:_____

HOME PHONE NUMBER: (___)_____ WORK: (_____)_____

SOCIAL SECURITY #:_____ DRIVER'S LICENSE #:_____

OCCUPATION:_____ EMPLOYER:_____

MARITAL STATUS:_____ EMAIL:_____

SPOUSE'S NAME:_____ AGE:____ WORK NUMBER: _____

CHILDREN:_____ AGES:_____

NEAREST RELATIVE NOT LIVING WITH YOU:_____ RELATIONSHIP:_____

ADDRESS:_____ PHONE NUMBER:_____

PLEASE LIST ANY MEDICATIONS YOU ARE CURRENTLY TAKING:_____

_____

ALLERGIES: _____

TREATING PHYSICIAN:_____ PHONE:_____

PHYSICIAN'S ADDRESS:_____ CITY:_____ STATE:_____ ZIP:_____

DIAGNOSIS:_____

DATE OF INJURY:_____ REFERRING DOCTOR:_____

INSURANCE INFORMATION: (circle one) Workers' Comp Private LOP Other

INSURANCE COMPANY: _____ PHONE:_____

ADDRESS:_____

NAME OF INSURED:_____ INSURED DOB:_____

INSURED SS#_____ ID#_____

GROUP #_____

ADJUSTOR:_____ PHONE: _____

CLAIM #:_____

ATTORNEY:_____ PHONE: _____

ANY OTHER SIGNIFICANT INFORMATION WE SHOULD KNOW?_____

NORTH TEXAS PAIN
RECOVERY CENTER

PAIN MANAGEMENT
WORK HARDENING
PHYSICAL THERAPY
PSYCHOLOGICAL SERVICES

6702 W. Poly Webb Rd. Arlington TX 76016 Phone: (817) 478-0095 Fax (817) 478-7628

Medical History

Name:_____ Age:_____ Height:_____ Weight:_____

Please complete entire form.

Yes	No	If yes, please explain
☐	☐	Heart attack, angina, irregular heartbeat _____
☐	☐	Mitral Valve prolapsed/ rheumatic fever _____
		Last time an EKG done_____Where? _____
☐	☐	Do you have sleep apnea or use a CPAP _____
☐	☐	High Blood Pressure _____
☐	☐	Epilepsy, Seizures, Fainting Spells _____
☐	☐	Paralysis or Stroke _____
☐	☐	Diabetes _____
☐	☐	Thyroid Problems _____
☐	☐	Asthma, Bronchitis, Emphysema _____
☐	☐	Do you Smoke? _____PPD _____Years
		Last chest X-Ray Date_____ Where? _____
☐	☐	Hepatitis, Jaundice _____
☐	☐	Alcohol Consumption How much? _____
☐	☐	Reflux, Heartburn _____
☐	☐	Kidney or Bladder Problems _____
☐	☐	Neck or Back Trouble _____
☐	☐	Arthritis _____
☐	☐	Bleeding tendency or Clotting Problems _____
☐	☐	Could you possibly be pregnant? LMP _____
☐	☐	Any other Medical Problems not listed? _____
☐	☐	Are you taking any medications, Rx diet pills, herbs, vitamins? _____
☐	☐	Are you allergic to any medications, fish, eggs, soy products, latex, iodine contrast (Ex: IVP Dye) Please List _____
☐	☐	Previous Surgeries _____
☐	☐	Problems with Anesthesia _____
☐	☐	Family History Problems not listed _____
☐	☐	Dentures, Partial Plates, Caps, Crowns, Bridges, Braces _____
☐	☐	Blood tests done in the last month? Where? _____
☐	☐	Do you have any body piercing (s) Where_____

Check all that apply:

Quality: Sharp___ Constant___ Aching___ Intermittent___ Pressure/Tightness___

Sensation: Normal___ Decreased___

Specific Location and Level of Pain

_____

0 1 2 3 4 5 6 7 8 9 10

No Pain Worst Pain

I have personally supplied (reviewed) the above information and attest that it is true and complete to the best of my knowledge. I understand that the information is strictly confidential and will not be released to anyone without my written consent, unless otherwise permitted by law.

_____ _____

Signature Date

North Texas Pain Recovery Center

Authorization Form

This form, when completed and signed by you, authorizes your doctor to release protected information from your clinical record to North Texas Pain Recovery Center.

I authorize _____ to release all of my medical records pertaining to my current illness to North Texas Pain Recovery Center.

This information should only be released to:

North Texas Pain Recovery Center
6702 W. Poly Webb Road
Arlington, TX 76016

I am requesting the abovementioned doctor (clinic) release this information to aid in the treatment of my illness.

This authorization shall remain in effect for 90 days.

I have the right to revoke this authorization, in writing, at any time by sending such written notification to my office address. However, your revocation will not be effective to the extent that your doctor has taken action in reliance on the authorization or if this authorization was obtained as a condition of obtaining insurance coverage and under the insurer has a legal right to contest a claim.

I understand that my doctor generally may not condition medical or psychological services upon my signing an authorization unless the services are provided to me for the purpose of creating health information for a third party.

I understand that information used or disclosed pursuant to the authorization may be subject to redisclosure by the recipient of your information and no longer protected by the HIPAA Privacy Rule.

_____ _____

Signature of Patient Date

If the authorization is signed by a personal representative of the patient, a description of such representative's authority to act for the patient must be provided.

North Texas Pain Recovery Center

Authorization Form

This form when completed and signed by you, authorizes us to release protected information from your clinical record to the person you designate.

I authorize North Texas Pain Recovery Center to release (provide description of the information that you want disclosed. Your description should be as specific and detailed as possible).

All Medical Records

This information should only be released to (name and address of person to whom the information is to be released).

Dr.

I am requesting NTPRC to release this information for the following reasons: ("at the request of the individual" is all that is required if you are my patient and you do not desire to state a specific purpose).

At patient request

This authorization shall remain in effect until (fill in expiration date) or until (fill in an event that relates to the individual or the purpose of the use or disclosure).

Until Resended

I have the right to revoke this authorization, in writing, at any time by sending such written notification to my office address. However, your revocation will not be effective to the extent that your doctor has taken action in reliance on the authorization or if this authorization was obtained as a condition of obtaining insurance coverage and under the insurer has a legal right to contest a claim.

I understand that my doctor generally may not condition medical or psychological services upon my signing an authorization unless the services are provided to me for the purpose of creating health information for a third party.

I understand that information used or disclosed pursuant to the authorization may be subject to redisclosure by the recipient of your information and no longer protected by the HIPAA Privacy Rule.

Signature of Patient

Date

If the authorization is signed by a personal representative of the patient, a description of such representative's authority to act for the patient must be provided.

NORTH TEXAS PAIN RECOVERY CENTER'S INFORMED CONSENT FOR ASSESSMENT & TREATMENT

I understand that I was referred to North Texas Pain Recovery Center (NTPRC) in order to receive one or more of the services offered by NTPRC. The type and extent of service to be received will be determined by the type of referral received from my treating physician, NTPRC's initial assessment and a thorough discussion with me. The goal of the initial assessment is to determine the best course of treatment for me.

Section 1 – Confidentiality

I understand that all the information shared with the clinicians at NTPRC is confidential and no information will be released without my consent (with the exception of the limits listed below). Consent to release information is given through written authorizations. I further understand that there are specific and limited exceptions to this confidentiality which include the following:

1. When there is a risk of imminent danger to myself the clinician is ethically bound to take the necessary steps to prevent such danger;
2. When there is suspicion that a child or an elder is being sexually or physically abused or is at risk of such abuse the clinician is legally required to inform the authorities;
3. When a valid court order is issued for medical records the clinician and NTPRC are bound by law to comply with such request;
4. If your treatment is covered by workers' compensation insurance the clinician is required to send in treatment notes with my medical bills and must keep my treating/referring doctor informed of my progress;
5. Some of the treatments (ex: the chronic pain or work hardening programs) at NTPRC are interdisciplinary in

Section 2 – Interns & Post-Doctoral Fellows

I understand that a range of health care professionals, some of whom are in training, provide NTRPC services. All interns or post-doctoral fellows are supervised by licensed staff. I will be informed if my clinician is an intern or post-doctoral fellow and will be informed who is supervising them.

Section 3 – Functional Capacity Evaluation or Physical Therapy Evaluation

If my assessment involves a Functional Capacity Evaluation or a Physical Therapy Evaluation I understand these assessments determine my safe maximum physical ability. They may include tests of strength, flexibility, cardiovascular fitness, static posturing, repetitive movements and material handling ability. All tests will be thoroughly explained to be before I perform them.

I understand there are risks of injury during these assessments. I may experience an increase in my pain, an aggravation of my existing injury or a new injury. These tests are considered safe and acceptable if I do not permit pain to increase throughout testing. Therefore it is important that I to do the following:

1. Report any pain increase immediately;
2. Stop any test if I experience an increase in pain;
3. I do not perform any test that I do not feel able to perform.

All tests are voluntary and you may refuse any test if you feel you are not capable of performing the task.

There are indicators which determine if I am cooperating to determine my best ability level. I understand that any indication that I am not giving my best effort will be reported along with my results of this evaluation. My evaluator will then report my estimated functional ability based on any available information.

If I am undergoing a Functional Capacity Evaluation or a Physical Therapy Evaluation I agree to the following:

1. I understand the above information and agree to participate in the FCE or PT evaluation to the best of my ability;
2. I certify that I have been advised of my right to request any reasonable accommodation needed because of my disability;
3. I further agree to hold NTPRC harmless if I do incur an injury during this examination;
4. I also understand that I am authorizing NTPRC to release the results of this examination to the referring physician or entity;
5. I also specifically relieve NTPRC of any liability that could results from the use of these results in making any decisions regarding my present or prospective medical care or employment.

Section 4 – Medical Consultative Evaluation & Treatment

If I have to see a physician during my evaluation or treatment, I understand that this physician is not an employee of NTPRC and is independent professional who is contracted to provide medical consultation to NTPRC's patient. As such whatever medication that is prescribed by him/her or medical procedures he/she recommends constitutes an independent contract between me and the physician.

If I see a physician at NTPRC, I understand and agree to the following:

1. NTPRC's physician may collect a medical history from me;
2. NTPRC's physician may conduct a physical exam on me related to my injury.
3. I understand the above information and agree to receive such treatment from NTPRC's physician as he/she and I deem appropriate and medically necessary;
4. I understand that (a) most medication(s) have side effects, (b) some medication(s) may lead to physical dependence and/or addiction, and (c) medication(s) may be harmful if taken in a manner or dosage that differs from the way they are prescribed;
5. I understand and agree that I will obtain an adequate explanation of any risks, side effects and manner of administration (of medication(s)) prior to taking the medication(s));
6. I agree to undergo such medical tests as my physician may deem necessary, including random or unannounced tests, to determine the effectiveness of the prescribed medication(s) and whether or not they are being taken as ordered;
7. I understand that if I am found to be taking unauthorized substances or not taking my prescribed medication in a manner that it was prescribed, my physician may at his/her discretion (a) discontinue prescribing the medication, (b) require drug screening, and/or (c) discharge me from his/her care;
8. I understand that noncompliance with this medication agreement may also lead to discharge from my treatment program at NTPRC and documentation of this reason for discharge in my medical records.
9. I further understand that when medication is lost, stolen, etc., the physician has sole discretion whether or not he/she write another prescription to replace the misplaced or stole medication.
10. I understand that misuse/diversion of my medication(s) is against the law; I will not give or sell it to anyone else;
11. I understand and agree that any treatment, whether at NTPRC's facility or another facility, rendered by NTPRC's physician is a contract between me and that physician. I furthermore agree to hold NTRPC harmless for any complications, harm, medical, or psychological problems that may arise from this treatment.

Section 5 – Behavioral Health Assessment

If I am participating in a behavior health assessment it will be conducted to assess the impact of my medical condition on my emotional condition, relationships and overall functional abilities. The behavioral health assessment consists of an interview with a clinician and completion of several paper and pencil assessment instruments. I have the right to obtain the results of this evaluation and/or to schedule an appointment with the examining clinician to have him/her explain the results to me.

If I am at NTPRC for a Behavioral Health Assessment, I understand and agree to the following:

1. An interview with the clinician;
2. Complete the paper and pencil assessment instruments;
3. I agree that the results of the behavioral health assessment can be shared with the physician/entity that referred me.

Section 6 – Pre-Surgical Psychological Evaluation

A pre-surgical psychological evaluation is usually ordered by a surgeon to determine whether psychological factors will impede or assist your recovery from surgery. Sometimes the results of this evaluation will suggest that you will need counseling or another form or treatment prior to surgery. Or the results may suggest you could benefit from post-surgical counseling. Finally the results may suggest you will not need pre or post surgical psychological services. A pre-surgical psychological evaluation will consist of an interview with a psychologist and completing various paper and pencil psychological tests. I have the right to obtain the results of this evaluation and/or schedule an appointment with the examining psychologist to have him/her explain the results to me.

If I am at NTPRC for a Pre-Surgical Psychological Evaluation, I understand and agree to the following:

1. An interview with a psychologist;
2. Complete the paper and pencil psychological tests;
3. I agree that the results of the pre-surgical psychological evaluation can be shared with the physician that referred me.

Section 7 – Physical Therapy

Physical therapy is usually ordered by a physician to increase my strength, endurance and/or range of motion. Physical therapy will be under the direction of a licensed physical therapist. My physician or physical therapist may also recommend aquatic or pool therapy. My physical therapist will explain to me the nature and purposes of the procedures. The physical therapist will also inform me of the expected benefits and possible complications or discomfort which may result from my physical therapy. I understand that initially I may experience an increase in my pain. Although not likely I understand physical therapy may aggravate my existing injury or cause a new injury. In addition, the physical therapist will explain to me the risks of receiving no treatment.

If I am at NTPRC for physical therapy, I understand and agree to the following:

1. I understand the above information and agree to participate in the activities prescribed to me by my physical therapist and physician;
2. I understand that it will be necessary for me to practice some exercises and activities at home;
3. I further agree to hold NTPRC harmless if I do incur an injury during my physical therapy;
4. I also understand that I am authorizing NTPRC to keep my referring physician apprised of my progress in physical therapy;
5. I have given my physical therapist an accurate medical history;

6. If I participate in aquatic or pool therapy I agree that I have no rashes, open sores, infections, communicable disease and am not running a temperature;
7. If I participate in aquatic or pool therapy I will eat and drink liquids at least 1 to 1 ½ hours prior to getting into the pool. Due to heat in the pool it is easy to get dehydrated. If you have a headache, make sure you drink more water prior to exercising.

Section 8 – Counseling

If I am at NTPRC for counseling, I understand and agree to the following:

1. I understand that while counseling may provide significant benefits, it may also elicit uncomfortable thoughts and feelings, or may lead to the recall of troubling memories.

Section 9 – Misc.

LATE CANCELLATION/NO-SHOWS: I understand that my clinician has set aside an adequate amount of time for my treatment. If I cannot make my appointment I will contact NTPRC as soon as possible and notify them of my intent to cancel or reschedule. I ALSO UNDERSTAND THAT IF I NO SHOW OR CANCEL MY APPOINTMENT WITH LESS THAN 24 HOURS NOTICE I CAN BE CHARGED FOR THE MISSED SESSION. NOTE: INSURANCE COMPANIES (INCLUDING WORKERS' COMPSENATION INSURANCE COMPANIES) WILL NOT PAY FOR MISSED APPOINTMENTS. THEY ARE THE PATIENT'S RESPONSIBILITY.

CO-PAYS/DEDUCTABLES: I understand that any insurance co-pays and deductibles must be paid at the time services are rendered. If this is a problem I will discuss it with my clinician or NTPR's office manager.

EMERGENCIES: If I have a medical emergency I should call 911 for emergency care. I will call NTPRC after my condition is stabilized.

CONSENT FOR EVALUATION AND/OR TREATMENT: I am giving my consent to obtain an evaluation and/or treatment from NTPRC.

I understand and agree to this therapeutic contract in it's entirely and agree to all specific provision related to the type of treatment and/or evaluation I receive. I furthermore understand and agree that I have provided NTPRC an accurate medical history. I understand that I can ask for clarification of this agreement and any treatment I am about to receive or am receiving at any time.

Patient's Name _____ Date _____

Witness _____

NORTH TEXAS PAIN
RECOVERY CENTER

PAIN MANAGEMENT
WORK HARDENING
PHYSICAL THERAPY
PSYCHOLOGICAL SERVICES

ASSIGNMENT AND INSTRUCTION FOR DIRECT PAYMENT TO DOCTOR

I hereby sign all medical benefits, to include major medical benefits to which I am entitled, including Medicare, private insurance, and any other health plans to: **North Texas Pain Recovery Center.** I instruct and direct payment by check made out to:

North Texas Pain Recovery Center
6702 W. Poly Webb Road
Arlington, TX 76016

If my current policy prohibits direct payment to doctor, then I hereby also instruct and direct you to make the check out to me and mail it as follows:

c/o North Texas Pain Recovery Center
6702 W. Poly Webb Road
Arlington, TX 76016

The professional or medical expense benefits allowable, and otherwise payable to me under my current insurance policy as payment toward the total charges for the profession services rendered. THIS IS A DIRECT ASSIGNMENT OF MY RIGHTS AND BENEFITS UNDER THIS POLICY. This payment will not exceed by indebtedness to the above mentioned assignee, and I have agreed to pay, in a current manner, any balance of said professional service charges over and above this insurance payment.

A photocopy of this Assignment shall be considered as effective and valid as the original/

I also authorize the release of any information pertinent to my case to any insurance company, adjuster, or attorney involved in this case.

_____ _____

Signature of Patient Date

_____

Witness

NORTH TEXAS PAIN
RECOVERY CENTER

PAIN MANAGEMENT
WORK HARDENING
PHYSICAL THERAPY
PSYCHOLOGICAL SERVICES

I have received the "Notice of North Texas Pain Recovery Center's Policies and Practices to Protect the Privacy of Your Health Care Information."

_____
Signature

_____
Printed Name

_____
Date

NORTH TEXAS PAIN
RECOVERY CENTER

PAIN MANAGEMENT
WORK HARDENING
PHYSICAL THERAPY
PSYCHOLOGICAL SERVICES

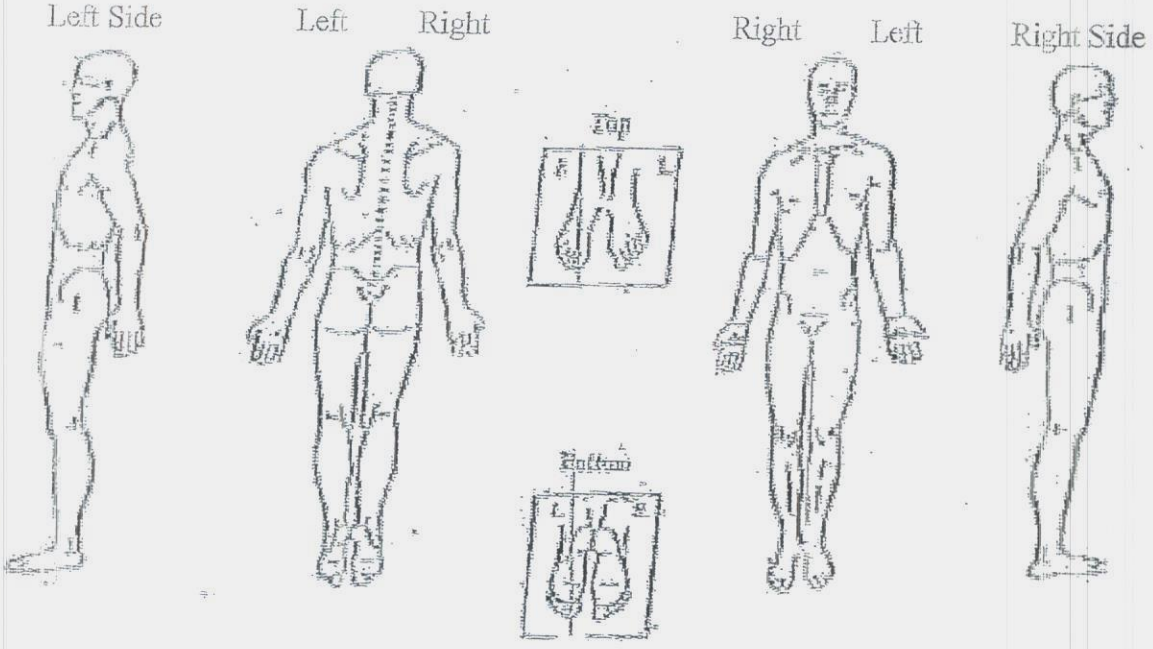
VISUAL ANALOG PAIN SCALE

Name: _____ Date: _____

I do not have any pain — I have mild pain — I have moderate pain — I have severe pain — My pain could not be worse

None 1 2 3 4 5 6 7 8 9 10 Severe

Mark on the chart below the places you hurt, with the following key:
D = Dull X = Sharp B = Burning T = Tingling N = Numbness



North Texas Pain Recovery Center

Pain Management Work Hardening

The Program Accreditations:

Rehabilitation Accreditation Commission (CARF) American Academy of Pain Management (AAPM)

Name: _____ Date: _____

Instructions: Please check the *one* appropriate response for each of the 10 selections below.
Please answer according to how you feel *this* week.

Section 1 -Pain Intensity

- ☐ I can tolerate the pain I have without having to use pain killers.
- ☐ The pain is bad but I manage without taking pain killers.
- ☐ Pain killers give complete relief from pain.
- ☐ Pain killers give moderate relief from pain.
- ☐ Pain killers give little relief from pain.
- ☐ Pain killers have no effect on pain and I do not use them.

Section 2 - Personal Care (washing, dressing, etc)

- ☐ I can look after myself normally without causing extra pain
- ☐ I can look after myself normally but it causes extra pain.
- ☐ It is painful to look after myself and I am slow and careful.
- ☐ I need some help but manage most of my personal care.
- ☐ I need help everyday in most aspects of self care.
- ☐ I do not get dressed. I was with difficulty and stay in bed.

Section 3 -- Lifting

- ☐ I can lift weights without extra pain.
- ☐ I can lift heavy but it gives extra pain.
- ☐ Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example, on the table.
- ☐ Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are positioned contently.
- ☐ I can lift very light weights
- ☐ I cannot lift or carry anything at all

Section 4- Walking

- ☐ Pain does not prevent me walking any distance.
- ☐ Pain prevents me walking more than 1 mile.
- ☐ Pain prevents me walking more than ½ mile
- ☐ Pain prevents me walking more than ¼ mile.
- ☐ I can only walk using a stick or crutches.
- ☐ I am in bed most of the time and have to crawl to the toilet.

Section 5- Sitting

- ☐ I can sit in any chair as long as I like.
- ☐ I can only sit in my favorite chair as long as I like.
- ☐ Pain prevents me sitting more than 1 hour.
- ☐ Pain prevents me sitting more than 1/2 hour.
- ☐ Pain prevents me sitting more than 10 minutes.
- ☐ Pain prevents me sitting at all.

Section 6-Standing

- ☐ I can stand as long as I want without extra pain.
- ☐ I can stand as long as I want but it gives me extra pain.
- ☐ Pain prevents me standing for more than 1 hour.
- ☐ Pain prevents me standing for more than ½ hour.
- ☐ Pain prevents me standing for more than 10 minutes.
- ☐ Pain prevents me standing at all.

Section 7 -- Sleeping

- ☐ Pain does not prevent me from sleeping well
- ☐ I can sleep well only by using tablets
- ☐ Even when I take tablets I have less than 6 hours sleep
- ☐ Even when I take tablets I have less than 4 hours sleep
- ☐ Even when I take tablets I have less than 2 hours sleep
- ☐ Paine prevents me from sleeping at all

Section 8 -- Sex Life

- ☐ My sex life is normal and causes no extra pain
- ☐ My sex life is normal and causes some extra pain
- ☐ My sex life is nearly normal is very painful
- ☐ My sex life is severely restricted by pain.
- ☐ My sex life is nearly absent because of pain.
- ☐ Pain prevents any sex life at all.

Section 9- Social life

- ☐ My social life is normal and gives me no extra pain
- ☐ My social life is normal but increases the degree of pain
- ☐ Pain has no significant effect on my social life apart from limiting my more energetic interests (for ex. dancing)
- ☐ Pain has restricted my social life and I do not go out as often
- ☐ Pain has restricted my social life to my home
- ☐ I have no social life because of pain

Section 10- Traveling

- ☐ I can travel anywhere without extra pain
- ☐ I can travel anywhere but it gives me extra pain
- ☐ Pain is bad but I can I manage journeys over two hours
- ☐ Pain restricts me to journeys of less than one hour.
- ☐ Pain restricts me to short, necessary, journeys of under 30 minutes
- ☐ Pain prevents me from traveling except to the doctor or hospital.

Örebro Musculoskeletal Pain Questionnaire (ÖMPQ) Linton and Boersma 2003[1]

1. Name _____ Phone _____ Date _____
2. Date of injury _____ Date of birth _____
3. Male ☐ Female ☐

These questions and statements apply if you have aches or pains, such as back, shoulder or neck pain. Please read and answer questions carefully. Do not take long to answer the questions, however it is important that you answer every question. There is **always** a response for your particular situation.

4. **Where do you have pain?** Place a check for all appropriate sites. (2x (max 10))

☐ Neck ☐ Shoulder ☐ Arm ☐ Upper Back
☐ Lower Back ☐ Leg ☐ Other (state)

5. **How many days of work have you missed because of pain during the past 18 months?** check one.

☐ 0 days (1) ☐ 1-2 days (2) ☐ 3-7 days (3) ☐ 8-14 days (4)
☐ 15-30 days (5) ☐ 1 month (6) ☐ 2 months (7) ☐ 3-6 months (8)
☐ 6-12 months (9) ☐ over 1 year (10)

6. **How long have you had your current pain problem?** Check one.

☐ 0-1 week (1) ☐ 1-2 weeks (2) ☐ 3-4 weeks (3) ☐ 4-5 weeks (4)
☐ 6-8 weeks (5) ☐ 9-11 weeks (6) ☐ 3-6 months (7) ☐ 6-9 months (8)
☐ 9-12 months (9) ☐ over 1 year (10)

7. **Is your work heavy or monotonous?** Circle the best alternative.

0 1 2 3 4 5 6 7 8 9 10
Not at all Extremely

8. **How would you rate the pain that you have had during the past week?** Circle one.

0 1 2 3 4 5 6 7 8 9 10
No pain Pain as bad as it could be

9. **In the past three months, on average, how bad was your pain on a 0-10 scale?** Circle one.

0	1	2	3	4	5	6	7	8	9	10
No pain										Pain as bad as it could be

10. **How often would you say that you have experience pain episodes, on average, during the past three months?** Circle one.

0	1	2	3	4	5	6	7	8	9	10
Never										Always

11. **Based on all things you do to cope, or deal with your pain, on an average day, how much are you able to decrease it?** Circle the appropriate number. 10 - x

0	1	2	3	4	5	6	7	8	9	10
Can't decrease it at all										Can decrease it completely

12. **How tense or anxious have you felt in the past week?** Circle one.

0	1	2	3	4	5	6	7	8	9	10
Absolutely clam and relaxed										As tense and anxious as I've ever felt

13. **How much have you been bothered by feeling depressed in the past week?** Circle one.

0	1	2	3	4	5	6	7	8	9	10
Not at all										Extremely

14. **In your view, how large is the risk that your current pain may become persistent?** Circle one.

0	1	2	3	4	5	6	7	8	9	10
No risk										Very large risk

15. **In your estimation, what are the chances that you will be able to work in six months?** Circle one. 10 - x

0	1	2	3	4	5	6	7	8	9	10
No chance										Very large chance

16. **If you take into consideration your work routines, management, salary, promotion possibilities and work mates, how satisfied are you with your job?** Circle one. 10 - x

0	1	2	3	4	5	6	7	8	9	10
Not satisfied at all										Completely satisfied

Here are some of the things that other people have told us about their pain. For each statement, circle one number from 0 to 10 to say how much physical activities, such as bending, lifting, walking or driving, would affect your pain.

17. Physical activity makes my pain worse.

0 1 2 3 4 5 6 7 8 9 10

Completely disagree — Completely agree

18. An increase in pain is an indication that I should stop what I'm doing until the pain decreases.

0 1 2 3 4 5 6 7 8 9 10

Completely disagree — Completely agree

19. I should not do my normal work with my present pain.

0 1 2 3 4 5 6 7 8 9 10

Completely disagree — Completely agree

Here is a list of five activities. Circle the one number that best describes your current ability to participate in each of these activities.

20. I can do light work for an hour. 10 - x

0 1 2 3 4 5 6 7 8 9 10

Can't do it because of pain problem — Can do it without pain being a problem

21. I can walk for an hour. 10 - x

0 1 2 3 4 5 6 7 8 9 10

Can't do it because of pain problem — Can do it without pain being a problem

22. I can do ordinary household chores. 10 - x

0 1 2 3 4 5 6 7 8 9 10

Can't do it because of pain problem — Can do it without pain being a problem

23. I can do the weekly shopping. 10 - x

0 1 2 3 4 5 6 7 8 9 10

Can't do it because of pain problem — Can do it without pain being a problem

24. I can sleep at night. 10 - x

0 1 2 3 4 5 6 7 8 9 10

Can't do it because of pain problem — Can do it without pain being a problem

Pain Disability Questionnaire

The Pain Disability Questionnaire is used in Chapter 3 Pain (6th ed, 43-44) and Chapter 17 Spine (6th ed, 599-600). The format provided utilizes a centimeter scale to score, however the size in the *Guides* does not correspond with the same scale. An alternative approach (illustrated below) provides easily administered and scored numerical scales.

Patient Name _____ Date _____

Instructions: These questions ask your views about how your pain now affects how you function in everyday activities. Please answer every question and mark the ONE number on EACH scale that best describes how you feel.

1. Does your pain interfere with your normal work inside and outside the home?
Work normally — Unable to work at all
0 —— 1 —— 2 —— 3 —— 4 —— 5 —— 6 —— 7 —— 8 —— 9 —— 10

2. Does your pain interfere with personal care (such as washing, dressing, etc)?
Take care of myself completely — Need help with all my personal care
0 —— 1 —— 2 —— 3 —— 4 —— 5 —— 6 —— 7 —— 8 —— 9 —— 10

3. Does your pain interfere with your traveling?
Travel anywhere I like — Only travel to see doctors
0 —— 1 —— 2 —— 3 —— 4 —— 5 —— 6 —— 7 —— 8 —— 9 —— 10

4. Does your pain affect your ability to sit or stand?
No problems — Cannot sit /stand at all
0 —— 1 —— 2 —— 3 —— 4 —— 5 —— 6 —— 7 —— 8 —— 9 —— 10

5. Does your pain affect your ability to lift overhead, grasp objects, or reach for things?
No problems — Cannot do at all
0 —— 1 —— 2 —— 3 —— 4 —— 5 —— 6 —— 7 —— 8 —— 9 —— 10

6. Does your pain affect your ability to lift objects off the floor, bend, stoop, or squat?
No problems — Cannot do at all
0 —— 1 —— 2 —— 3 —— 4 —— 5 —— 6 —— 7 —— 8 —— 9 —— 10

7. Does your pain affect your ability to walk or run?
No problems — Cannot walk/run at all
0 —— 1 —— 2 —— 3 —— 4 —— 5 —— 6 —— 7 —— 8 —— 9 —— 10

8. Has your income declined since your pain began?
No decline — Lost all income
0 —— 1 —— 2 —— 3 —— 4 —— 5 —— 6 —— 7 —— 8 —— 9 —— 10

9. Do you have to take pain medication every day to control your pain?
No medication needed — On pain medication throughout the day
0 —— 1 —— 2 —— 3 —— 4 —— 5 —— 6 —— 7 —— 8 —— 9 —— 10

10. Does your pain force your to see doctors much more often than before your pain began?
Never see doctors — See doctors weekly
0 —— 1 —— 2 —— 3 —— 4 —— 5 —— 6 —— 7 —— 8 —— 9 —— 10

11. Does your pain interfere with your ability to see the people who are important to you as much as you would like?
No problem — Never see them
0 —— 1 —— 2 —— 3 —— 4 —— 5 —— 6 —— 7 —— 8 —— 9 —— 10

12. Does your pain interfere with recreational activities and hobbies that are important to you?
No interference — Total interference
0 —— 1 —— 2 —— 3 —— 4 —— 5 —— 6 —— 7 —— 8 —— 9 —— 10

13. Do you need the help of your family and friends to complete everyday tasks (including both work outside the home and housework) because of your pain?
Never need help — Need help all the time
0 —— 1 —— 2 —— 3 —— 4 —— 5 —— 6 —— 7 —— 8 —— 9 —— 10

14. Do you now feel more depressed, tense, or anxious than before your pain began?
No depression/tension — Severe depression / tension
0 —— 1 —— 2 —— 3 —— 4 —— 5 —— 6 —— 7 —— 8 —— 9 —— 10

15. Are there emotional problems caused by your pain that interfere with your family, social and or work activities?
No problems — Severe problems
0 —— 1 —— 2 —— 3 —— 4 —— 5 —— 6 —— 7 —— 8 —— 9 —— 10

Anagnostis C, Gatchel RJ, Mayer TG. The Pain Disability Questionnaire: A New Psychometrically Sound Measure for Chronic Musculoskeletal Disorders. *Spine* 2004; 29 (20): 2290-2302.

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DALLAS PAIN QUESTIONNAIRE (DPQ)

Name: _____ Date: _____

PLEASE READ: This questionnaire has been designed to give your doctor information as to how your pain has affected your life. Be sure that these are your answers. Do not ask someone else to fill out the questionnaire for you. Please mark an "X" along the line that expresses your thoughts from 0 to 100 in each section.

Section I: Pain Intensity

To what degree do you rely on pain medications or pain relieving substances for you to be comfortable?

None Some All The Time

0% (____:____:____:____:____:____) 100%

Section II: Personal Care

How much does pain interfere with your personal care (getting out of bed, teeth brushing, dressing, etc)?

None (No pain) Some I cannot get out of bed

0% (____:____:____:____:____:____) 100%

Section III: Lifting

How much limitation do you notice in lifting?

None (I can lift as I did) Some I cannot lift anything

0% (____:____:____:____:____:____) 100%

Section IV: Walking

Compare to how far you could walk before your injury or back trouble, how much does pain restrict your walking now?

None (I can walk the same) Some Very Little Walking All The Time (I cannot walk)

0% (____:____:____:____:____:____) 100%

Section V: Sitting

Back pain limits my sitting in a chair to:

None (Same as before) Some All The Time (I cannot sit at all)

0% (____:____:____:____:____:____) 100%

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Section VI: Standing
How much does your pain interfere with your tolerance to stand for long periods?

None (Same as before) Some All The Time (I cannot stand)
0% (____: ____: ____ :____: ____: ____) 100%

Section VII: Sleeping
How much does pain interfere with your sleeping?

None (Sleep same as before) Some All The Time (I cannot sleep at all)
0% (____: ____: ____ :____: ____) 100%

(Sum X3 = _____% (Daily Activities Interference)

Section VIII: Social Life
How much does pain interfere with your social life (dancing, games, going out, eating with friends, etc)?

None (Same as before) Some All The Time (No activities total loss)
0% (____: ____: ____ :____: ____: ____: ____: ____) 100%

Section IX: Traveling
How much does pain interfere with traveling in a car?

None (Same as before) Some All The Time (I cannot travel)
0% (____: ____: ____ :____: ____: ____: ____: ____) 100%

Section X: Vocational
How much does pain interfere with your work and/or daily activities?

None Some All The Time
0% (____: ____: ____ :____: ____: ____: ____: ____) 100%

(Sum X5 = _____% Work/Leisure Activities Interference)

Section XI: Anxiety/Mood
How much control do you feel that you have over demands made on you?

Total Some None
0% (____: ____: ____ :____: ____: ____: ____) 100%

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Section XII: Emotional Control

How much control do you feel you have over your emotions?

Total Some None

0% (_____:_____:_____:_____:_____:_____:_____:_____) 100%

Section XIII: Depression

How depressed have you been since the onset of the pain?

None Some Overwhelmed by depression

0% (_____:_____:_____:_____:_____:_____:_____:_____) 100%

(Sum X5 = _____ % Anxiety/Depression Interference)

Section XIV: Interpersonal Relationships

How much do you think your pain has changed your relationships with others?

None Some Drastically changed

0% (_____:_____:_____:_____:_____:_____:_____:_____) 100%

Section XV: Social Support

How much support do you need from others to help you during the onset of pain (taking over chores, fixing meals, etc)?

None Some All The Time

0% (_____:_____:_____:_____:_____:_____:_____:_____) 100%

Section XVI: Punishing Response

How much do you think others express irritation, frustration, or anger toward you because of your pain?

None Some All The Time

0% (_____:_____:_____:_____:_____:_____:_____:_____) 100%

(Sum X5 = _____ % Social Interest Interference)

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Many of the following issues have been associated with individuals who experience persistent pain, to fully assess the impact of pain in your life please mark the highest number in each group that applies.

Personal Inventory

1.	0	I do not feel sad.
	1	I feel sad.
	2	I am sad all the time and I can't snap out of it.
	3	I am so sad and unhappy that I can't stand it.
2.	0	I am not particularly discourages about the future.
	1	I feel discouraged about the future.
	2	I feel I have nothing to look forward to.
	3	I feel the future is hopeless and that things cannot improve.
3.	0	I do not feel like a failure.
	1	I feel I have failed more than the average person.
	2	As I look back on my life, all I can see is a lot of failure.
	3	I feel I am a complete failure as a person.
4.	0	I get as much satisfaction out of things as I used to.
	1	I don't enjoy things the way I used to.
	2	I don't get real satisfaction out of anything anymore.
	3	I am dissatisfied or bored with everything.
5.	0	I don't feel particularly guilty.
	1	I feel guilty a good part of the time.
	2	I feel quite guilty most of the time.
	3	I feel guilty all of the time.
6.	0	I don't feel I am being punished.
	1	I feel I may be punished.
	2	I expect to be punished.
	3	I feel I am being punished.

7.
0 I don't feel disappointed in myself.
1 I am disappointed in myself.
2 I am disgusted with myself.
3 I hate myself.

8.
0 I don't feel I am any worse than anybody else.
1 I am critical of myself for my weakness or mistakes.
2 I blame myself all the time for my faults.
3 I blame myself for everything bad that happens.

9.
0 I don't have any thoughts of killing myself.
1 I have thoughts of killing myself, but I would not carry them out.
2 I would like to kill myself.
3 I would kill myself if I had the chance.

10.
0 I don't cry any more than usual.
1 I cry more now than I used to.
2 I cry all the time now.
3 I used to be able to cry, but now I can't cry even though I want to.

11.
0 I am no more irritated by things than I ever was.
1 I am slightly more irritated now than usual.
2 I am quite annoyed or irritated a good deal of the time.
3 I feel irritated all the time.

12.
0 I have not lost interest in other people.
1 I am less interested in other people than I used to be.
2 I have lost most of my interest in other people.
3 I have lost all of my interest in other people.

13.
0 I make decisions about as well as I ever could.
1 I put off making decisions more than I used to.
2 I have greater difficulty in making decisions more than I used to.
3 I can't make decisions at all anymore.

14.
0 I don't feel that I look any worse than I used to.
1 I am worried that I am looking old or unattractive
2 I feel there are permanent changes in my appearance that make me look unattractive.
3 I believe that I look ugly.

15	0	I can work about as well as before.
	1	It takes an extra effort to get started at doing something.
	2	I have to push myself very hard to do anything.
	3	I can't do any work at all.
16.	0	I can sleep as well as usual.
	1	I don't sleep as well as I used to.
	2	I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.
	3	I wake up several hours earlier than I used to and cannot get back to sleep.
17.	0	I don't get more tired than usual.
	1	I get tired more easily than I used to.
	2	I get tired from doing almost anything.
	3	I am too tired to do anything.
18.	0	My appetite is no worse than usual.
	1	My appetite is not as good as it used to be.
	2	My appetite is much worse now.
	3	I have no appetite at all anymore.
19.	0	I haven't lost much weight, if any, lately.
	1	I have lost more than five pounds.
	2	I have lost more than ten pounds.
	3	I have lost more than fifteen pounds.
20.	0	I am more worried about my health than usual.
	1	I am worried about physical problems like aches, pains, upset stomach, or constipation.
	2	I am very worried about physical problems and it's hard to think of much else.
	3	I am so worried about my physical problems that I cannot think of anything else.
21.	0	I have not noticed recent change in my interest in sex.
	1	I am less interested in sex that I used to be.
	2	I have almost no interest in sex.
	3	I have lost interest in sex completely.

Pain Outcomes Profile

Patient Name _____

Patient ID # _____

1. Enter today's date: _____ / _____ / _____ *(MM/DD/YY)*

2. Enter your date of birth: _____ / _____ / _____ *(MM/DD/YY)*

3. How long have you had the pain for which you are now seeking treatment?

_____ Years _____ Months

4. On a scale of 0 to 10, with 0 being no pain at all and 10 being the worst possible pain, how would you rate your pain ***right now***?

0 *no pain at all* 1 2 3 4 5 6 7 8 9 10 *worst possible pain*

5. How would you rate your pain on the ***average*** during the ***last week*** ?

0 *no pain at all* 1 2 3 4 5 6 7 8 9 10 *worst possible pain*

6. Does your pain affect your self-esteem or self-worth?

0 *not at all* 1 2 3 4 5 6 7 8 9 10 *all the time*

7. Does your pain interfere with your ability to walk?

0 *not at all* 1 2 3 4 5 6 7 8 9 10 *all the time*

8. Does your pain interfere with your ability to bathe yourself?

0 *not at all* 1 2 3 4 5 6 7 8 9 10 *all the time*

9. How would you rate your physical activity?

0 *significant limitation in basic activities* 1 2 3 4 5 6 7 8 9 10 *can perform vigorous activities without limitation*

10. How would you rate your feelings of depression ***today***?

0 *not depressed at all* 1 2 3 4 5 6 7 8 9 10 *extremely depressed*

pop

11. Does your pain interfere with your ability to carry/handle everyday objects such as a bag of groceries or books?

0 1 2 3 4 5 6 7 8 9 10
not at all *all the time*

12. Does your pain interfere with your ability to dress yourself?

0 1 2 3 4 5 6 7 8 9 10
not at all *all the time*

13. How would you rate your overall energy?

0 1 2 3 4 5 6 7 8 9 10
totally worn out *most energy ever*

14. How much do you worry about re-injuring yourself if you are more active?

0 1 2 3 4 5 6 7 8 9 10
not at all *all the time*

15. How would you rate your feelings of anxiety ***today***?

0 1 2 3 4 5 6 7 8 9 10
not anxious at all *extremely anxious*

16. Does your pain interfere with your ability to climb stairs?

0 1 2 3 4 5 6 7 8 9 10
not at all *all the time*

17. Does your pain interfere with your ability to use the bathroom?

0 1 2 3 4 5 6 7 8 9 10
not at all *all the time*

18. How would you rate your strength and endurance ***today***?

0 1 2 3 4 5 6 7 8 9 10
very poor strength and endurance *very high strength and endurance*

19. Do you have problems concentrating on things ***today***?

0 1 2 3 4 5 6 7 8 9 10
not at all *all the time*

20. Does your pain require you to use a cane, walker, wheelchair or other devices?

0 1 2 3 4 5 6 7 8 9 10
not at all *all the time*

21. Does your pain interfere with your ability to manage your personal grooming? (for example combing your hair, brushing your teeth, etc)

0 1 2 3 4 5 6 7 8 9 10
not at all *all the time*

22. How often do you feel tense?

0 1 2 3 4 5 6 7 8 9 10
not at all *all the time*

23. How safe do you think it is for you to exercise?

0 1 2 3 4 5 6 7 8 9 10
not safe at all *extremely safe*

Pain Outcomes Profile +

Patient Name _____ Date _____

	Yes	No
1) Are you concerned that you should cut down or cut back on your use of alcohol, medications, or other substances?	____	____
2) Have you ever been annoyed by people trying to talk to you about your use of alcohol, medication or other substances?	____	____
3) Have you ever felt guilty about your use of alcohol, medication, or other substances?	____	____
4) Have you ever needed an eye – opener (use of alcohol, medication, or other substances) just to start your day?	____	____

FACS

Name:_____ ID #:_____ Date: ____/____/_____

Instructions: People respond to pain in different ways. We want to find out how you think and feel about your painful medical condition and how it has affected your activity level. Please think about how you have been over the past week, and circle one number between "0" and "5" from the scale below to answer each question.

5 = Completely Agree

4 = Mostly Agree

3 = Slightly Agree

2 = Slightly Disagree

1 = Mostly Disagree

0 = Completely Disagree

Over the past week, how much do you agree with these statements about your painful medical condition?	*Completely Agree*	*Mostly Agree*	*Slightly Agree*	*Slightly Disagree*	*Mostly Disagree*	*Completely Disagree*
1) I try to avoid activities and movements that make my pain worse.....	5	4	3	2	1	0
2) I worry about my painful medical condition.....	5	4	3	2	1	0
3) I believe that my pain will keep getting worse until I won't be able to function at all.....	5	4	3	2	1	0
4) I am overwhelmed by fear when I think about my painful medical condition.....	5	4	3	2	1	0
5) I don't attempt certain activities because I am fearful that I will injure (or re-injure) myself.....	5	4	3	2	1	0
6) When my pain is really bad, I also have other symptoms such as nausea, difficulty breathing, heart pounding, trembling, and /or dizziness.....	5	4	3	2	1	0
7) It is unfair that I have to live with my painful medical condition.....	5	4	3	2	1	0
8) My painful medical condition puts me at risk for future injuries (or re-injuries) for the rest of my life.....	5	4	3	2	1	0

Continue…..

Over the past week, how much do you agree with these statements about your painful medical condition?

	Completely Agree	Mostly Agree	Slightly Agree	Slightly Disagree	Mostly Disagree	Completely Disagree
9) Because of my painful medical condition, my life will never be the same.....	5	4	3	2	1	0
10) I have no control over my pain.....	5	4	3	2	1	0
11) I don't attempt certain activities and movements because I am fearful that my pain will increase.....	5	4	3	2	1	0
12) It is someone else's fault that I have this painful medical condition.....	5	4	3	2	1	0
13) The pain from my medical condition is a warning signal that something is dangerously wrong with me.....	5	4	3	2	1	0
14) No one understands how severe my painful medical condition is.....	5	4	3	2	1	0

Start each of the following items with this statement: Over the past week, due to my painful medical condition I have avoided the following…

	Completely Agree	Mostly Agree	Slightly Agree	Slightly Disagree	Mostly Disagree	Completely Disagree
15) ...strenuous activities (like doing heavy yard work or moving heavy furniture).....	5	4	3	2	1	0
16) ...moderate activities (like cooking dinner or cleaning the house).....	5	4	3	2	1	0
17) ...light activities (like going to the movies or going out to lunch).....	5	4	3	2	1	0
18) ...my full duties and chores at home and/or at work.....	5	4	3	2	1	0
19) ...recreation and/or exercise (things that I do for fun and good health).....	5	4	3	2	1	0
20) ...activities where I have to use my painful body part(s)...	5	4	3	2	1	0

Total Score: _____

Please read each item in the list below. Indicate how much you have been bothered by each of this issues during the past month by circling the number in the corresponding space in the column next to each item.

	Not at all	Mildly, but it didn't bother me much	Moderately – it wasn't pleasant at times	Severely – it bothered me a lot
Numbness or tingling	0	1	2	3
Feeling hot	0	1	2	3
Wobbliness in legs	0	1	2	3
Unable to relax	0	1	2	3
Fear of worst happening	0	1	2	3
Dizzy or lightheaded	0	1	2	3
Heart pounding / racing	0	1	2	3
Unsteady	0	1	2	3
Terrified or afraid	0	1	2	3
Nervous	0	1	2	3
Feeling of choking	0	1	2	3
Hands trembling	0	1	2	3
Shaky / unsteady	0	1	2	3
Fear of losing control	0	1	2	3
Difficulty in breathing	0	1	2	3
Fear of dying	0	1	2	3
Scared	0	1	2	3
Indigestion	0	1	2	3
Faint / lightheaded	0	1	2	3
Face flushed	0	1	2	3
Hot / cold sweats	0	1	2	3

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PROGRESS SURVEY

NAME:_____ DATE: _____

In answering the following questions, please keep in mind that we are interested in knowing about changes that have occurred **over the past week.**

1. Use the following rating scale to indicate what your level of pain has been **over the past week** (circle the appropriate number). In other words, your **average** pain level over the past week.

No pain 0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10 Worst Pain Imaginable

2. Use the following rating scale to indicate how well you have been coping with your pain **over the past week** (circle the appropriate number).

No pain 0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10 Worst Pain Imaginable

3. Over the past week, count the number of times you have taken part in any social and/or recreational activity. **Indicate the number of times you have done the following activities by place a number on the line.** If you have done any activity other than what is listed, please use the "**other**" category.

__ church	__shopping	__visiting	__walking	__movie
__sports event	__park	__fun parks	__groceries	__bank
__yard work	__post office	__shopping mall	__traveling	__outside hobby
__out to eat	__laundromat	__dancing	__concert	__other

_____

(you may list the "other" activities on this line, if you wish)

4. Use the following rating scale to indicate how well you feel you have been getting along with family members (spouse, children, parents, etc.).

Many bad feelings and arguments **0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10** **Getting along great**

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