

Initial Pain Assessment (OPQRSTUV)

<p>1. O: Onset</p> <ul style="list-style-type: none"> • When did the pain start? 	<p>To identify onset of pain (when active, or resting) or whether pain is acute/chronic.</p>
<p>2. P: Provocative/Palliative</p> <ul style="list-style-type: none"> • Does your pain increase with movement or activity? • Are the symptoms relieved with rest? • Were any previous treatments effective? 	<p>To identify quality of pain and differentiate between nociceptive and neuropathic pain mechanisms. To identify alleviating and aggravating factors. To evaluate effectiveness of current treatment.</p>
<p>3. Q: Quality of the pain</p> <ul style="list-style-type: none"> • What does your pain feel like? • What words describe your pain? 	<p>To identify mechanism of pain (terms such as "throbbing," "aching," "shooting," and "dull" may provide clues).</p>
<p>4. R: Region of the body/Radiation</p> <ul style="list-style-type: none"> • Where is your pain? • Does the pain radiate, or move to other areas? 	<p>To identify one or more areas of the body that are affected by pain, inasmuch as there may be several.</p>
<p>5. S: Severity of pain</p> <ul style="list-style-type: none"> • How would you rate your pain on an intensity scale? 	<p>To identify intensity (refer to various intensity scales). To identify degree of impairment and effect on quality of life or ability to perform activities of daily living (ADLs).</p>
<p>6. T: Treatment/Timing</p> <ul style="list-style-type: none"> • What treatments have worked for you in the past? • Is it a constant, dull, or intermittent pain? 	<p>To identify treatments which have been successful in the past. To identify the timing of the pain so that treatment can be focused on spikes in pain.</p>
<p>7. U: Understanding of pain</p> <ul style="list-style-type: none"> • What do you believe is causing the pain? 	<p>To understand patient history of pain. To be able to set achievable pain and function goals when reviewing the plan of care.</p>
<p>8. V: Values</p> <ul style="list-style-type: none"> • What is your acceptable level for this pain? • Is there anything else that you would like to say about your pain? • Are there any other symptoms related to the pain? 	<p>To understand and discuss other stressors, spiritual pain.</p>