

# Chronic Pain Assessment Sheet

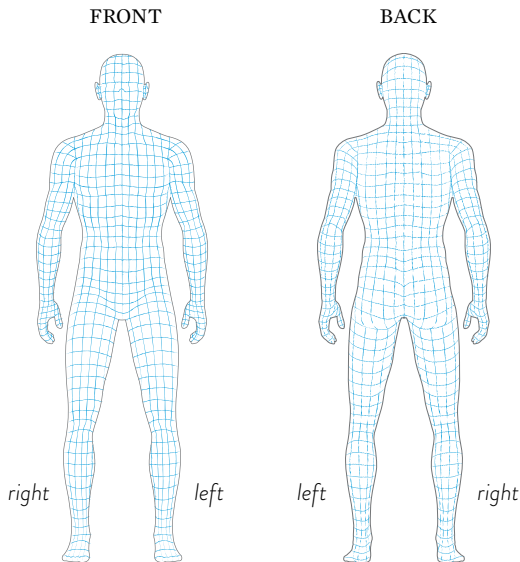
## NEUROSTIMULATION THERAPY FOR CHRONIC PAIN

Name: \_\_\_\_\_

Date: \_\_\_\_\_

This series of questions can help you identify the symptoms of chronic pain. Answer the questions below and bring this assessment to your next appointment with your doctor. The information collected in this assessment is for educational purposes and is not intended to replace discussions with your doctor.

### 1. Shade in the area(s) where you feel pain.



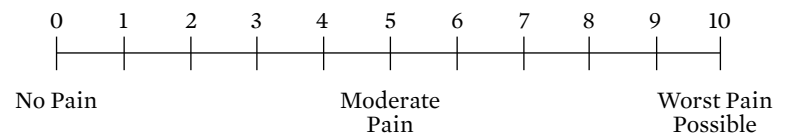
### 2. Approximately how long have you been experiencing pain?

- ☐ Less than 6 months
- ☐ 6–12 months
- ☐ 1–3 years
- ☐ 3 years or longer

### 3. Which of the following describes your pain? (check all that apply)

- ☐ Difficult to describe
- ☐ Sharp
- ☐ Stabbing
- ☐ Tingling/numbness/pins and needles
- ☐ Burning
- ☐ Aching
- ☐ Prickly
- ☐ Shooting
- ☐ Other \_\_\_\_\_

### 4. Rate your pain on the following scale:



### 5. Have you tried any of the treatment options listed below to help manage your pain? (check all that apply)

- ☐ Heat/ice pads
- ☐ Over the counter medication
- ☐ Topical pain relievers
- ☐ Therapy, acupuncture, massage
- ☐ Prescription medication (opioid, etc.)
- ☐ Targeted injections

### 6. How is your pain impacting your life? (check all that apply)

- ☐ Ability to work
- ☐ Ability to socialize
- ☐ Ability to exercise
- ☐ Ability to sleep
- ☐ Ability to perform household chores
- ☐ Mood
- ☐ Other (describe the impact) \_\_\_\_\_

## Questions for Your Doctor

Discussing your chronic pain with your doctor can be an important step in finding relief. Be sure to bring this assessment, as well as information on your previous treatments tried, in order to drive a more meaningful conversation. Always take time to prepare for your conversations with your doctor. **This list of suggestions and questions can help you get started. You can print this page and bring it with you to your next office visit.**

#### Before you meet with your doctor:

- ☐ Write down questions to bring with you. A first list of questions can be found below
- ☐ Gather your medical records to share
- ☐ Be ready to take notes to help you remember important points
- ☐ Consider bringing a friend or family member to your appointment or procedure

#### When you meet with your doctor, tell him/her:

- ☐ About your symptoms: when they began, how often they happen, how long they last and what they feel like
- ☐ Your medical history

#### When you meet with your doctor, ask:

- ☐ Will neurostimulation work for me?
- ☐ Will neurostimulation work if I have pain in more than one area?
- ☐ What type of neurostimulation would work best for the pain I'm experiencing?
- ☐ What restrictions will I have with a neurostimulation system?
- ☐ Will the neurostimulation system be able to accommodate possible changes to my pain over time?
- ☐ Will I be able to stop taking pain medications?
- ☐ What are some side effects experienced by patients?
- ☐ What can I expect when receiving a neurostimulation system?
- ☐ Does my insurance cover neurostimulation?
- ☐ What are the risks associated with receiving a neurostimulation system?

## Additional Questions

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### During your discussion, your doctor should give you:

- ☐ A clear explanation of your condition, diagnostic tests and treatment options, as well as the risks and benefits of treatments

### Before and after you meet with your doctor:

- ☐ Talk about your treatment options with family, friends and others in your life. It is a helpful way to receive the support and care you need. They can offer support as you begin to prepare for treatment, a hospital stay and recovery.

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22786-SJM-NM-0917-0115 | Item approved for U.S. use only.

