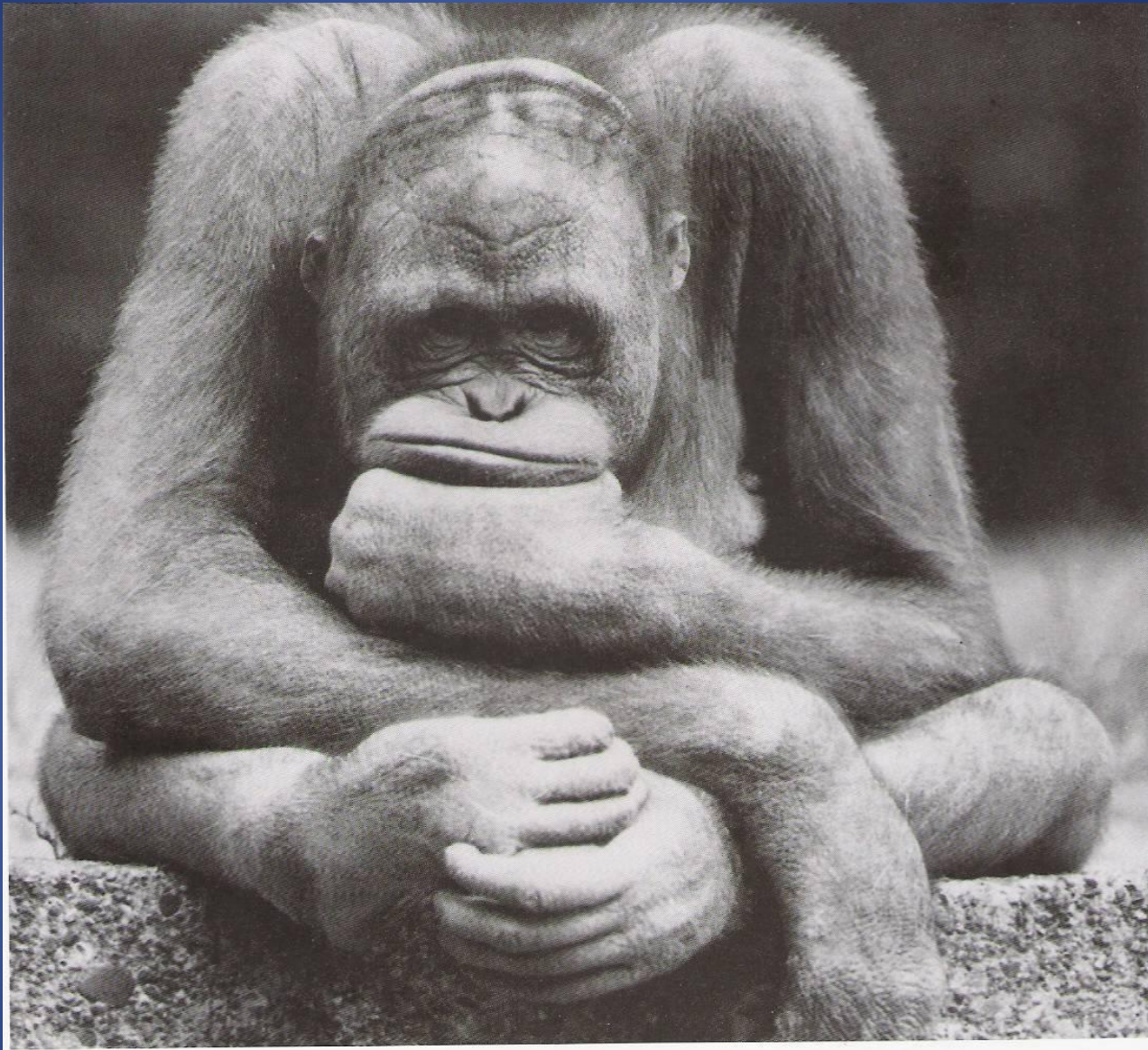


How to take a Pain History...

(in less than 3 mins)

Helen Wallbridge

50 yo male pain in the back



10 point history & red flag acronym

Socrates ad(s)

- Site
- Onset
- Character
- Radiation
- Alleviating factors
- Times of occurrence
- Exacerbating factors
- Severity
- Associated factors
- Disability scores
- Systems review gives.....

Vision

- Visceral/Vascular
- Infection
- Significant Fracture
- Inflammatory
- Other
- Neoplasm

Socrates ads vision

- SITE
- Assist patient to find main focus/ worst /most often.

Socrates ads vision

- Onset
- **Duration**- acute /chronic
- **Mode**- gradual /sudden
 - spontaneous/traumatic
 - well/ill

(Spontaneous and ill think red flag-)

“ were you well or ill or stressed when it started”

- Site
- Onset
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Socrates ads vision

- Character
- -deep spreading aching dull sore (think musculoskeletal =somatic)
- -superficial moving stabbing shooting burning (think radicular/neurogenic)
- Cramping or colicky (think visceral)

- Site
- Onset
- Character
- Radiation
- Alleviating factors
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Socrates ads vision

- Radiation
- The most important issue is where pain is felt consistently not the extent of the radiation

Anatomy and Pain Pattern

Teres Minor



Teres Minor



Socrates ads vision

- Alleviating factors
 - posture
 - heat/cold
 - manual
 - drug (prescription or “natural”)

- Site
- Onset
- Character
- Radiation
- Alleviating factors
- Times of occurrence
- Exacerbating factors
- Severity
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Socrates ads vision

- Times of occurrence
- night (think red flag especially if combined with spontaneous onset)

- Site
- Onset
- Character
- Radiation
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- Times of occurrence
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Socrates ads vision

- Exacerbating factors
 - - movement/activity (if not think red flag)
 - “if you're in pain what makes it worse”

- Site
- Onset
- Character
- Radiation
- Alleviating factors
- Times of occurrence
- Exacerbating factors
- Severity
- Associated factors
- Disability scores
- Systems review gives.....

Socrates ads vision

- Severity
- VAS Visual Analogue pain Score 0-10/10

- Site
- Onset
- Character
- Radiation
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- Exacerbating factors
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- Associated factors
- Disability scores
- Systems review gives.....

Socrates ads Vision

- Associated factors
- -nausea vomiting weakness parasthesiae...

- Site
- Onset
- Character
- Radiation
- Alleviating factors
- Times of occurrence
- Exacerbating factors
- Severity
- Associated factors
- Disability scores
- Systems review gives.....

Socrates ad Vision

- Disability: the “So what” question....

Socrates ads

Systems review

is for the red flag check

- Visceral/Vascular
- Infection
- Significant Fracture
- Inflammatory
- Other
- Neoplasm

The red flags are: **V**ision

- Visceral
- Kidney on systems review ? Haematuria,
?frequency?dysuria
- Bowel on systems review ?constipation
?diarrhoea ?PR blood

The red flags are: vision:
infection risk factors:

- fever (37.8) night sweats
- Diabetes
- recent/concurrent infection (eg UTI as per frequency dysuria)
- IV drug use
- Dr

The red flags are: Vision

Significant fractures

- Occur after trauma
- major trauma – falls
- minor trauma –corticosteroid (prednisone 7.5 mg daily for 3/12) , age >50y, known osteoporosis

The red flags are: vision

- Inflammation
- Widespread joint pain
- RA, Gout, PMR

Red flags= vision

- Other -Metabolic
- Hyperparathyroidism
- Rickets

The red flags are: Vision

- Neoplasia
- Past history of cancer
- wt loss (unexplained 4.5 kg in 6/12)
- Breast ,uterus ,Cervix ,Bowel, Prostate , Lung, usually diagnosed by history
- Plain Xray missed 41 % metastasis- think MRI

10 point history & red flag acronym

Socrates ad(s)

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- Systems review gives.....

Vision

Visceral/Vascular

Infection

Significant Fracture

Inflammatory

Other

Neoplasm

Take home point!!!!!!!!!!!!!!!!!!!!!!

- Socrates Ad(s) =10 point pain history
- Systems review gave the red flags....
- The red flags are VISION in this case visceral

Visceral/Vascular

Infection

Significant Fracture

Inflammatory

Other

Neoplasm