

Pain Clinic

www.painclinicplus.org.uk

Chronic Pain Support Group

How do I describe my Pain?

A Doctor will often ask you to describe your pain. It is important that you describe your pain and where you feel it as accurately as possible, as this will help your Doctor to find the best solution for you.

*This is **not** an **NHS** medical questionnaire form, but simply some ideas that may help you and your Doctor.*

'Can you describe your pain?' is a simple enough question but finding the right words to describe your pain can be difficult.

Below are some examples-

Flickering	Jumping	Pricking	Sharp
Quivering	Flashing	Boring	Cutting
Pulsing	Shooting	Drilling	Lacerating
Throbbing	Pressing	Stabbing	Wrenching
Beating	Gnawing	Lancinating	Hot
Pounding	Cramping	Tugging	Burning
Pinching	Crushing	Pulling	Scalding
Searing	Tingling	Itchy	Smarting
Stinging	Dull	Sore	Hurting
Aching	Heavy	Tender	Taut
Rasping	Splitting	Electric shock	Creeping

You may also be asked 'how does the pain make you feel?'

Here are some examples-

Tired	Exhausted	Sick	Suffocated
Fearful	Frightful	Terrified	Gruelling
Miserable	Achy	Angry	Annoyed
Suicidal	Depressed	Anxious	Debilitated

How bad is your pain? - some examples-

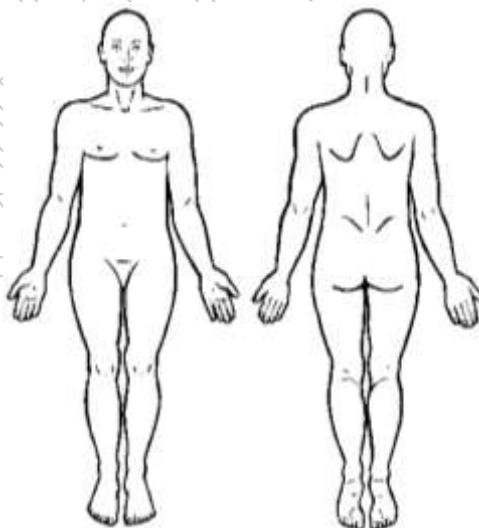
Mild	Annoying	Discomforting	Troublesome
Distressing	Intense	Horrible	Unbearable
Agonising	Excruciating	Unpleasant	Severe
Nauseating	Debilitating	'Killing me'	Can't cope

Quite often you may be asked how bad your pain is on a scale of 0 to 10. Circle how bad you feel that your 'average' pain is below- (you could also place a tick above the number that represents your least and worst pain.)

0 = no pain										10 = worst pain imaginable
	1	2	3	4	5	6	7	8	9	

It also helps if you can accurately show what part of your body you are feeling pain-

Mark the places you feel pain



Compiled by Kevin Howard- Pain Clinic Plus. www.painclinicplus.org.uk

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