H&P: Pain

Name _____

Date _____

Age _____

Pain Disability (3=lot)

Walking ____
Pleasure act. ____
Shopping ____
Driving ____
Exercise ____
Bathing ____
Toilet/cont. ____
Thinking ____
Sleep ____
Appetite ____
Mood ____
Relationships ____
Energy ____
Total (0-39) ____

PMHX *(circle positives)*

Headache
TMJ
Dental
Neck pain
Dysphagia
COPD
Chest pain
Cardiac problem
GI problem
GU problem
Abdominal pain
Pelvic/GU pain
Arthritis
Fibromyalgia
Joint pain
Back pain
Hip/knee pain
Muscle pain
Diabetes
Neurologic disorder
Depression
Anxiety
Sleep problems

Family History
(circle positives)

Diabetes
Arthritis
Depression
Anxiety
Neurologic disorder

Pain Hx
(onset, locations, descriptors, worse/better, treatments)

Pain Diary Interpretation (worst pain, med effects)

Medications

Positives (PMHx, ROS, others)

ROS *(circle positives)*

Vision/hearing
Lo energy
Sleepy
Dizzy/unsteady
Syncope
Falls
Dry mouth
Chest pain
Ulcer/GERD
Constipation
Nausea
Appetite
Weight change
Edema
Night sweats
Insomnia
Depression
Urine freq.
Confusion
Sex dysfxn

Health Habits

Tobacco
_____/pk-yrs.
Street drugs? Y N
Alcohol _____/day
Ever heavy? Y N

Exercise History

Min/wk _____
What kind? _____

Social Support

How much help? _____
Who helps? _____
Hired help? Y N
Enough money? Y N

Vital Signs

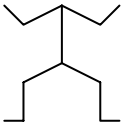
BP _____ **P** _____ **T** _____ **Wt.** _____ **lb** **Ht.** _____ **in**

Eyes	☐	nl conjunctiva & lids
Pupils	☐	pupils symmetrical, reactive
Fundus	☐	nl discs & pos elements
Vision	☐	acuity and gross fields intact
ENT-External	☐	no scars, lesions, masses
Otoscopic	☐	nl canals & tympanic membranes
Hearing	☐	nl to _____
Intranasal	☐	nl mucosa, septum, turbinate
Ant. Oral	☐	nl lips, teeth, gums
Oropharynx	☐	nl tongue, palate, pharynx
Neck palp.	☐	symmetrical without masses
Thyroid	☐	no enlargement or tenderness
JVD	☐	None .v-srodiac
Resp. effort	☐	nl without retractions
Chest percuss.	☐	no dullness or hyperresonance
Chest palp.	☐	no fremitus
Auscultation	☐	nl bilateral breath sounds w/o rales
Heart palp.	☐	nl location, size
Cardiac ausc.	☐	no murmur, gallop, or rub
Carotids	☐	nl intensity w/o bruit
Pedal pulses	☐	nl posterior tibial & dorsalis pedis
Breasts	☐	nl inspection & palpation
Abdomen	☐	no masses or tenderness
L/S	☐	no liver/spleen enlargement
Hernia	☐	no hernia identified
Anus/rectal	☐	no abnormality or masses
GU male	☐	nl inspection & palpation
Prostate	☐	nl size w/o nodularity
GU female	☐	external genitalia nl w/o lesions
Int. inspection	☐	nl bladder, urethra, & vagina
Cervix	☐	nl appearance w/o discharge
Uterus	☐	nl size, position, w/o tenderness
Adnexa	☐	no masses or tenderness
Lymphatic	☐	nl neck & axillae
Lymph other	☐	

MS Gait	☐	nl Get Up and Go Test
Extremities	☐	no edema

Check nl, circ abn	ROM	Strength	Tone	Sensory
Right arm	☐	☐	☐	☐
Left arm	☐	☐	☐	☐
Right leg	☐	☐	☐	☐
Left leg	☐	☐	☐	☐
Spine/back	☐	☐	☐	☐

Cognition	☐	normal screen. Test:_____
Attention	☐	nl alertness, attentive
Cranial nerves	☐	w/o gross deficit
Coordination	☐	nl rapid alternating movement
DTR's	☐	symmetrical, ____ (scale: 0-4+)
Sensation	☐	nl touch, proprioception
Mood	☐	nl screen. GDS____/15



Pain Body Area: _____

Inspection:

Palpation:

Strength:

Sensation:

Function:

Pain Body Area: _____

Inspection:

Palpation:

Strength:

Sensation:

Function:

Additional Description of Positive Findings

Assessment

Plan

Educational Materials

(check those given)

- ☐ Evaluation and Management of Persistent Pain
- ☐ How to Complete the Daily Pain Diary
- ☐ Using Medications for Persistent Pain
- ☐ Living Well with Persistent Pain
- ☐ Exercising with Persistent Pain
- ☐ How to Stretch
- ☐ NSAIDs
- ☐ Opioids and Persistent Pain
- ☐ Depression Medications for Persistent Pain
- ☐ Managing Constipation
- ☐ Treating Pain without Pain Pills
- ☐ Pain Care: Bill of Rights