

Resources from the talk:

*Measuring Pain: Change the
focus, change the outcome*

Amy Wachholtz, PhD.

Director, Clinical Health Psychology

Associate Professor, University of Colorado Denver

* I have no conflict of interest or financial stake in any of these products

Alternatives

- HADS – Hospital Anxiety and Depression Scale

<https://www.svri.org/sites/default/files/attachments/2016-01-13/HADS.pdf>

- Brief Pain Inventory – Short Form
 - Location, quality, impact, function

http://www.npcrc.org/files/news/briefpain_short.pdf

- Pain Interference –PROMIS 29

- Physical function, anxiety, depression, fatigue, sleep, social activities, interference, intensity

http://www.healthmeasures.net/images/PROMIS/manuals/PROMIS_Adult_Profile_Scoring_Manual.pdf

- Functional Pain Assessment

Example of Clinical Assessments

OLDCART

- **O**nset
- **L**ocation
- **D**uration
- **C**haracteristics
- **A**ggravating Factors
- **R**elieving Factors
- **T**reatment

ABCDE

- **A**sk about pain regularly and systematically.
- **B**elieve the patient's reports of pain.
- **C**hoose pain control options appropriate for the patient, family, and setting.
- **D**eliver interventions in a timely, logical, and coordinated fashion.
- **E**mpower patients to control their course to the greatest extent possible

PQRST Characteristics of Pain

- **P**alliative Factors- What makes the pain better?
- **P**rovocative Factors-What makes the pain worse?
- **Q**uality- Describe the pain
- **R**adiation- Where is the pain?
- **S**everity/Intensity- How does this pain compare with other pain you have experienced?
- **T**emporal Factors- Does the intensity of the pain change with time?

“Describing pain only in terms of its intensity is like describing music only in terms of its loudness”

Free Exercise Apps (Android & iOS)

- **Johnson & Johnson Official 7-minutes Workout** - This app has easy-to-follow workouts that can be done at home. Routines vary in duration and intensity, and the short videos and countdown clocks help with motivation. It also helps create exercise music playlists.
- **Charity Miles** – Whether running, biking or walking, every mile exercised earns money for dozens of different charities. With corporate sponsors, Charity Miles donates 10 cents for every mile biked and 25 cents for every mile walked or ran. An added benefit to getting in shape and an extra motivator.
- **Nike+ Training Club** – The app offers more than 100 workouts crafted by Nike master trainers for all fitness levels. Select a fitness goal (get lean, get toned, get strong, or get focused), and there are easy-to-follow workout plans. Video tutorials are available for each workout.
- **Daily Yoga & Fitness** – Daily Yoga offers over 500+ asanas and guided yoga, Pilates, meditation, and 50+ workout plans. This app is perfect for beginners and begin a Yoga practice no matter the current skill level.
- **Yoga for beginners**- This app has a selection of yoga routines including bedtime yoga, beginner yoga, energy booster, fat burner, inner peace, yoga for abs, etc. The classes are 7-14 minutes, which makes it useful for those new to yoga practice.
- **Jefit** – This app asks whether the person works out at a gym with equipment, or at home. They indicate goals, experience, and activity level. There are reminders to work out at specific times and days. Workout plans include a “no equipment at home” option.
- **SworKit** (free for kids) – Adult workouts require a subscription, but all kid workouts are free. In this category, are kid-friendly workout routines for strength, agility, flexibility, warming up, cooling down and moving.
- **Zombies, Run!** - Not just for kids! This app is different from any other app on this list. In addition to providing training plans and tracking mileage, the app incorporates a narrative game into exercise. There is a zombie-themed storyline that requires completing “missions” that are equivalent to walks, jogs, or runs in the real world.