



Pattern 5: Pain Disorder

Objective of Assessment:

- To specify the environment or situations in which Pain Disorder occurs
- To identify precursor (antecedent) factors that influence behaviour
- To identify consequent factors that influence behaviour

Assessment

Complete history as per Primary Care Provider Assessment Tool

LIFESTYLE QUESTIONNAIRE identifies possible need to ask the following questions:

1. Do you have pain that has lasted longer than three months?

- Yes No

2. Does your pain keep you from doing the work, play or daily activities you want to do?

- Yes No

3. Has your doctor ruled out surgery?

- Yes No

IF YES, THEN CONTINUE

Subjective History

4. Do you:

- Need assistance with personal care?
- Blame others for your situation?*
- Have constant pain?
- Demand a physical diagnosis?
- Have an expanding array of symptoms?
- Have a high perceived level of disability?
- Receive financial compensation? *

5. Have you:

- Sought legal consultation (union, worker reps)?*
- Have multiple medical consultations?
- Had negative family/workplace/social situations? *
- Had poor medication response?
- Experienced sexual dysfunction?
- Had sleep disturbances? *

6. Are you:

- Unemployed?
- Experiencing unexplained deterioration

The greater the number of positive responses, the higher the probability of a Pain Disorder.

** If all five history points are present the risk of pain disorder is 99% (Treating the Patient with Pain Disorder, The CBI Method)*

Physical Examination

Complete physical as per Primary Care Provider Assessment Tool

Check **Waddell's Signs** (More than three of four groups support a diagnosis of Pain Disorder):

- Superficial and widespread tenderness or nonanatomic tenderness.
- Stimulation tests: Axial loading and pain on simulated spinal rotation.
- Distracted straight leg raise and double straight leg raise lower than single straight leg raise.
- Non-anatomic or regional sensory changes.

Diagnosis

If assessed as Pain Disorder, refer to Multi Disciplinary Clinic. Provide assessment results with referral.