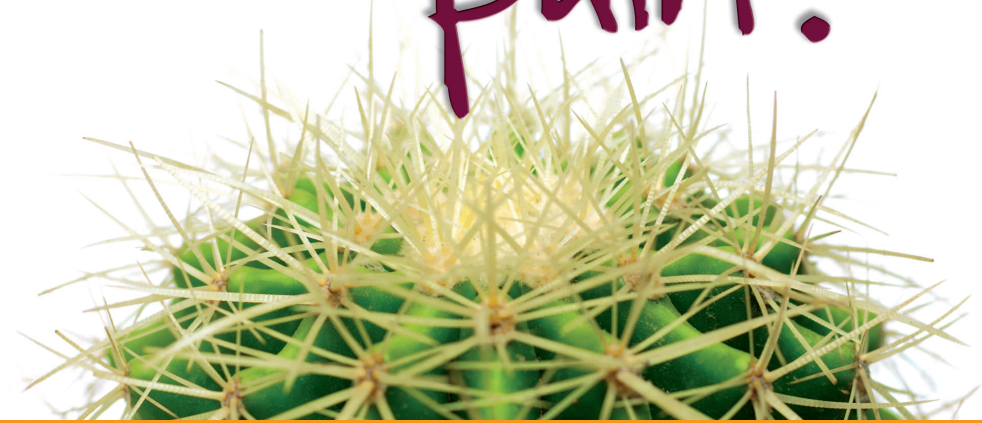




are you living with

pain?



take the questionnaire

getting a correct diagnosis

Your doctor needs a clear description of what you are feeling to make the correct diagnosis.

By completing the ID Pain™ screening tool and discussing your pain with your doctor, you will be providing information to help in that diagnosis.

learn more about pain

- Pain is a very common and complex condition.
- There are many different types of pain, which include muscle pain, joint pain, and nerve (sometimes called neuropathic) pain.
- Whatever the cause, if you are in pain, you need to discuss your symptoms with your doctor.

- is it burning, shooting, or numb?
- does it affect your ability to work or participate in any activities?
- does it affect your sleep or mood?

if so, learn about



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icpain is the short screening tool contained in this pamphlet. By answering these few simple questions, you can help your doctor find out what type of pain you have and if your pain could be nerve pain.

Take a few moments to complete the screening tool.

That's all you need to do!

Take this **icpain** screening tool with you to your doctor to discuss your pain.

step one

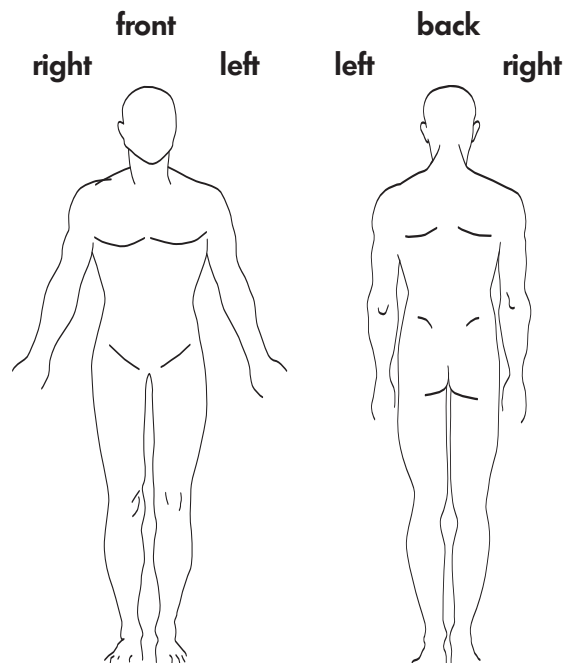
Do you experience pain other than a headache or migraine? ☐ Yes ☐ No

If you answer **Yes**, continue.

If you answer **No**, you should still talk to your doctor about your pain symptoms.

On the diagram below, shade in the areas where you feel pain.

If you have more than one painful area, circle the area that bothers you most.



step two

Step two will help you clearly describe the type of pain you are feeling to your doctor.

First, complete the questions below.

When you have finished, add up the points for your total score.

If you score 2 or more, talk to your doctor about whether you may have nerve pain.

Minimum total score = -1

Maximum total score = 5

- 1. Did the pain feel like pins and needles?** ☐ Yes (+1pt) ☐ No (0pts)
- 2. Did the pain feel hot/burning?** ☐ Yes (+1pt) ☐ No (0pts)
- 3. Did the pain feel numb?** ☐ Yes (+1pt) ☐ No (0pts)
- 4. Did the pain feel like electric shocks?** ☐ Yes (+1pt) ☐ No (0pts)
- 5. Is the pain worse with the touch of clothing/bedsheets?** ☐ Yes (+1pt) ☐ No (0pts)
- 6. Is the pain limited to your joints?** ☐ Yes (-1pt) ☐ No (0pts)

Total score