

Pain assessment

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Pain is a multifarious and multilayered condition that must be assessed very carefully to address every dimension of it and to have an exact history from the patient. For this reason, a good physician-patient relationship must be established. A pain therapist has to listen very carefully to what the patient says, look to the behavior and body language of the patient and make a sufficient physical examination, to make a definite diagnosis a pain questionnaire must be filled out by the patient and be analyzed parallel to pain assessment. The pain questionnaire contains questions regarding somatic-psychological factors that influence pain perception. In brief, a good pain history and pain assessment is the first basic step in pain diagnosis and therapy.