

Pain Self-Management Checklist-1 (PSMC-1)

M.K. Nicholas; University of Sydney Pain Management & Research Centre
Royal North Shore Hospital, 1999 ©

NAME: _____ INTERVIEWER: _____ DATE: _____

Assess the frequency with which the patient is practising these pain self-management strategies currently (over the last month). Ask the questions as written, but clarify where uncertain. Score by making an estimate between 0 and 4, where 0 = never and 4 = very often. Remember to say:

I would like to know how often you have done the following things in the last month.

Frequency of use in the last month

	Never	1	Sometimes	2	3	Very Often	4
1. If pain stops you doing something, do you ever work out other ways to do it (like if you normally sit to do a task, but find sitting is difficult due to pain, have you worked out other ways to do the task) ? Can you give an example?	0		1	2	3	4	
2. When you do something which makes your pain worse, (including sitting/standing) do you take <u>regular</u> short breaks (like stand up for 5 minutes every 20 minutes)?	0		1	2	3	4	
3. Do you ever think that your doctors will find a cure for your pain? (In the last month)	0		1	2	3	4	
4. Do you ever use medication to allow you to do something you know will stir up your pain? (Like drive or stand too long, or carry too much).	0		1	2	3	4	
5. Do you ever take more than the recommended dose of any drug or use alcohol for pain relief? (Circle which)	0		1	2	3	4	
6. Do you ever take any drug which only “takes the edge off” pain? (Which drug(s) _____)	0		1	2	3	4	
7. Due to pain, do you ever have <u>any</u> long rest periods (lying or sitting) (> 45 minutes) through the day (8.00 am to 8.00 pm).	0		1	2	3	4	
8. Do you ever lie in bed at night worrying or getting stressed?	0		1	2	3	4	
9. Due to your pain, do others ever do your normal household duties ? (Like washing up, cooking, vacuuming)	0		1	2	3	4	
10. Do you ever do a task until it is completed <u>regardless</u> of pain and then rest?	0		1	2	3	4	
11. Due to pain, do you ever use aids (sticks, braces, collars, etc.)?	0		1	2	3	4	
12. In last month, have you seen a physiotherapist/ doctor/ or chiropractor or other health care provider about your pain?	0		1	2	3	4	
13. When your pain gets worse, do you ever think it means you might have caused yourself more injury/damage?	0		1	2	3	4	
14. In relation to your pain, do you ever think that doctors have missed something, or should investigate more?	0		1	2	3	4	
15. Do you ever think that unless your pain is fully relieved you will not be able to increase your general activity level?	0		1	2	3	4	
16. When your pain gets worse do you ever have upsetting thoughts (like “ I can’t go on; not again; why me?”)	0		1	2	3	4	
17. When your pain gets worse do you ever take a tablet or have an injection?	0		1	2	3	4	
18. Do you ever make comparisons between what you are like now and how you were before the onset of your pain?	0		1	2	3	4	
	Never		Sometimes			Very Often	