

AMERICAN ACADEMY OF PAIN MANAGEMENT

How to use

The Pain Outcomes Profile (paper & pencil version)

You will need to obtain sufficient quantities of the three components of the Pain Outcomes Profile (POP): the Questionnaire, the Scoring Instrument and the Cumulative Patient Scoring Record. Be sure to order enough of the questionnaires and scoring forms to be able to give one of each the first time you see your patients and at specified intervals across the treatment period, including at discharge. You will only need one Cumulative Patient Scoring Record for every eight visits.

Give the Pain Outcomes Profile to your patients. Ask them to print their names and patient identification numbers in the spaces provided at the top of the front side of the form. In light of the new HIPAA privacy requirements for health care information, please do not use patient social security numbers. Ask them to enter the date, their age and the length of time they have had their pain. Then instruct them to answer the 20 questions by circling values between 0 and 10 as directed on the form. Encourage patients to select whole number responses when completing their Pain Outcomes Profiles. You may inform patients that there are no right or wrong answers. The Pain Outcomes Profile is used to place patients on continuums related to pain intensity, pain-related interference with physical activities and emotional functioning.

Once patients have completed the Pain Outcomes Profile, you will need to transfer the exact “whole number” pain scores from the Pain Outcomes Profile for *current* pain intensity (question 4) and *average* pain intensity (question 5) to the lower left portion of the Scoring Instrument. Be careful to transfer the exact value from the Pain Outcomes Profile to the Scoring Instrument. To complete the upper portion of the Scoring Instrument you must transfer the values from items 6-23 to the appropriately indicated slots on the form. Every value from items 6 to 23 on the Pain Outcomes Profile must be transferred to the Scoring

Instrument. Then perform the mathematical functions indicated on the scoring form to obtain the seven *Percent of Total Scores* needed for the Mobility, ADLs, Vitality, Negative Affect, Fear scales and the composite indexes (if desired). For the Vitality scale, be sure to add the three item scores together *before* subtracting the total from 30. Plot each of the individual scale scores on the lower right portion of the scoring form.

Use the Cumulative Patient Scoring Record (one for every eight POP administrations per patient) to track patient progress across treatment. After entering the patient’s name and identification number, write the date for the current POP administration in the space provided near the top of the form. Underneath that date, in the appropriate spaces, record the patient’s Pain Intensity Numerical Rating Scale scores for *current* and *average pain*. Next, moving down the column, transfer the *Percent of Total Scores* from the Scoring Instrument for each functional scale to the corresponding row. You may also record the optional Index scores, if desired. Scores from successive POP administrations should be entered in adjacent columns on the Cumulative Patient Scoring Record.

Assuming that treatments for pain are effective, you may expect to see decreasing physical and emotional *Percent of Total Scores* along with decreasing Pain Intensity scores across successive POP administrations. There may be plateaus, no significant changes or other patterns to be seen at a glance. POP scores can easily be entered into a database for statistical analyses of outcomes.

If you have questions about the Pain Outcomes Profile, please contact Alexandra Campbell, PhD, at the American Academy of Pain Management. Thank you for your interest in the Academy’s Outcomes Measurement Products.

