

Do Once and Share Project on Chronic Pain Assessment

Recommendations for chronic pain assessment measures

Name of person completing form John Goddard

Profession/Organisation British Pain Society - Consensus

Dear Colleagues

Please find attached a list of pain measures (n=165) that we have identified from an extensive review of the literature on pain assessment. We are now in the process of reaching a consensus about which measures to recommend for different conditions. The list of measures is presented on two pages (**Appendix 1**) under relevant categories, to allow individuals to zoom in only on relevant measures in their field. You can select measures from other categories on the list as well as from the non-specific section if you wish. If the measures that you would recommend are not on the list then please do let us know. If you have knowledge/experience of pain assessment measures in more than one area, then please complete additional sections.

Which pain measures (from the attached list-Appendix 1) would you recommend for use in people experiencing chronic pain for each of the following categories? Please could you complete all the relevant categories that fit in with your specialty/experience of using pain assessment measures. Please state reasons for your recommendations. We recognise in the following list there will be overlaps between categories but we will address this in the final report. Thank you.

Children over 5 years and adolescents - normal cognitive function

Measures Recommended	Reasons for Recommendations

Children over 5 years and adolescents - learning difficulties

Measures Recommended	Reasons for Recommendations

Adults and older people - normal cognitive function

Measures Recommended	Reasons for Recommendations
<p>Brief Pain Inventory – short form</p>	<p>Widely used in pain clinics where routine assessment is undertaken. Measures intensity, disability and affect and includes a body outline. It consists of 15 questions and is not difficult to complete. It has been validated in several settings and could be recommended in both primary and secondary care. It is available in several European languages. The British Pain Society strongly recommends that the BPI-SF is adopted.</p>
<p>EuroQol – EQ-5D</p>	<p>The DH for their 18 week pathways are recommending a condition specific measure and a generic Quality of Life measure (EuroQol). There would seem to be a good case for recommending that EuroQol is combined with the BPI-SF for the assessment of chronic pain in adults with normal cognitive function in many healthcare settings, including specialist pain clinics.</p>
<p>Hospital Anxiety and Depression Scale</p>	<p>Co-morbid mental health status is very important in secondary care and there is a good case to recommend that this is assessed in this setting. The HADS is the tool most commonly used in pain clinics. It is accepted that this is not a pain-specific tool and measures lack of positive affect rather than depression. The British Pain Society does not feel that this should be recommended for primary care and non specialist pain care.</p>

General points	<ol style="list-style-type: none"> 1. There is a literature comparing many of these tools, and chapters reviewing them: it is therefore questionable to rely on clinicians' preferences. 2. It is also questionable whether assessment should be by pain site or presumed mechanism, rather than by domain (pain experience, affect, quality of life etc.)

Adults and older people - impaired cognitive function (e.g. dementia, confusion)

Measures Recommended	Reasons for Recommendations

Adults and older people - learning difficulties

Measures Recommended	Reasons for Recommendations

Neuropathic pain

Measures Recommended	Reasons for Recommendations
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Back pain

Measures Recommended	Reasons for Recommendations

Arthritis pain

Measures Recommended	Reasons for Recommendations

Neck and shoulder pain

Measures Recommended	Reasons for Recommendations

Knee and hip pain

Measures Recommended	Reasons for Recommendations

Musculoskeletal pain, fibromyalgia and chronic fatigue syndrome

Measures Recommended	Reasons for Recommendations

Cutaneous ulceration and vascular/ischaemic pain

Measures Recommended	Reasons for Recommendations

Chronic chest pain (including cardiac, oesophageal etc)

Measures Recommended	Reasons for Recommendations

Migraine and headache

Measures Recommended	Reasons for Recommendations

Cancer pain

Measures Recommended	Reasons for Recommendations

Any other categories - please state

Measures Recommended	Reasons for Recommendations

Thank you for your collaboration