

# Pain Train Resources: Principles of Explaining Pain to Patients

## **Clinical Tests**

### **LANSS (Leeds Assessment of Neuropathic Symptoms and Signs)**

<http://www.doncasterccg.nhs.uk/wp-content/uploads/2015/11/LANNS-NP-Assessment-Tool-only.pdf>

The Leeds Assessment of Neuropathic Symptoms and Signs (LANSS) pain scale is an assessment tool used by the medical community to analyze and classify pain.

In other words, it is a simple bedside test, conducted in two parts .i.e. a patient-completed questionnaire and a brief clinical assessment.

The primary purpose of this test is to assess whether the pain experienced is predominantly due to nerve damage or not. The LANSS scale is the only published tool with validity for discriminating between neuropathic and nociceptive pain, regardless if the disease-based diagnostic methods.

However, it important to note that the purpose of this test is to assist the clinicians in assessing the severity of the pain or its causes.

### **STarT Back Tool**

<http://www.sahealth.sa.gov.au/wps/wcm/connect/747578804a59d4b2afd4ef7633bbffe0/YellowFlagScreeningSTarTBack-RAH-AlliedHealth-120123.pdf?MOD=AJPERES>

The Keele STarT Back Screening Tool is a brief, validated tool (Hill et al 2008), designed to screen primary care patients with low back pain for prognostic indicators that are relevant to initial decision making.

The instrument is being used by a range of clinicians to systematically identify patients 'at risk' of persistent symptoms.

The nine-item tool is designed to classify patients into one of three subgroups for targeted primary care management:

- Low risk
- Medium risk (physical indicators)
- High risk (physical and psychosocial indicators)

### **Orebro Musculoskeletal Pain Questionnaire**

[http://www.aci.health.nsw.gov.au/\\_data/assets/pdf\\_file/0004/212908/Orebro\\_musculoskeletal\\_pain\\_questionnaire\\_Final.pdf](http://www.aci.health.nsw.gov.au/_data/assets/pdf_file/0004/212908/Orebro_musculoskeletal_pain_questionnaire_Final.pdf)

### **Roland Morris Disability Questionnaire**

<http://www.rmdq.org/>

### **Tampa Scale for Kinesiophobia**

[http://www.tac.vic.gov.au/\\_data/assets/pdf\\_file/0004/27454/tampa\\_scale\\_kinesiophobia.pdf](http://www.tac.vic.gov.au/_data/assets/pdf_file/0004/27454/tampa_scale_kinesiophobia.pdf)

### **BPI PSEQ Pain Self Efficacy Questionnaire**

[https://www.worksafe.vic.gov.au/\\_data/assets/pdf\\_file/0020/10955/pain\\_self\\_efficacy\\_questionnaire.pdf](https://www.worksafe.vic.gov.au/_data/assets/pdf_file/0020/10955/pain_self_efficacy_questionnaire.pdf)

### **PCS (ePPOC)**

[https://www.aci.health.nsw.gov.au/\\_data/assets/pdf\\_file/0015/302028/NSW\\_services\\_Report\\_2.pdf](https://www.aci.health.nsw.gov.au/_data/assets/pdf_file/0015/302028/NSW_services_Report_2.pdf)

## **Video clips**

### **Understanding Pain in 5 Minutes and Brainman Chooses**

[https://www.youtube.com/watch?v=C\\_3phB93rvI](https://www.youtube.com/watch?v=C_3phB93rvI)

<https://www.youtube.com/watch?v=jlwn9rC3rOI>

## **Pain Tool Kit**

<https://www.painmanagement.org.au/images/painman/PDFs/Pain-Toolkit-Australia.pdf>

12 tools to assist your patient to set out a management plan for their pain

- Accept that you have persistent pain
- Find a team of health professionals to help you
- Pacing and prioritising activities
- Setting Goals
- Being patient with yourself
- Relaxation
- Stretch and Exercise
- Track your progress
- Have a set back plan
- Team work - Work with your health care team
- Sustain the changes into your daily life

Better Health Channel

<https://www.betterhealth.vic.gov.au/conditionsandtreatment/pain>