

A PAIN SCORE DOESN'T TELL THE WHOLE STORY

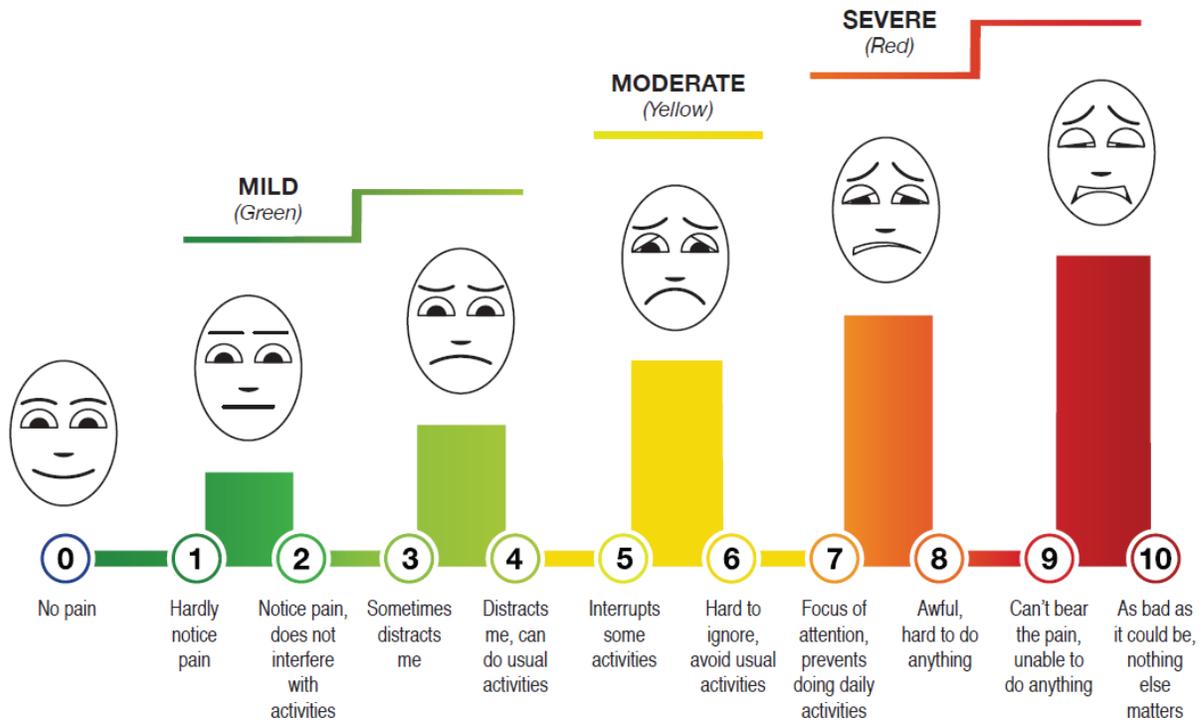
Physical Function and Emotional Well-Being are Key to Getting Patients Back to Their Lives

January 2019 News Update

The numeric pain rating scale (NPRS) has been the standard for measuring pain for decades. The NPRS helps clinicians understand the intensity of pain patients are experiencing. But getting to a pain score of “0” is not necessarily the objective. It is now better understood that physical function and emotional well-being are also key to getting patients back to active and productive lives. The Defense and Veterans Center for Integrative Pain Management (DVCIPM) has taken the lead in communicating these quality of life metrics to caregivers.

The NPRS is a useful first step in assessing a patient’s status. The DVCIPM enhanced the traditional scale by adding visual cues and functional language; this tool is called the Defense and Veterans Pain Rating Scale (DVPRS):

Defense and Veterans Pain Rating Scale



Other parts of a person's life are key indicators of overall status improvement. The DVCIPM established supplemental questions for assessing the biopsychosocial impact of pain; this allows for a better understanding of how pain affects quality of life. Patients may not have improvements in the DVPRS, but treatments may help improve quality of life:

DOD/VA PAIN SUPPLEMENTAL QUESTIONS

For clinicians to evaluate the biopsychosocial impact of pain

1. Circle the one number that describes how, during the past 24 hours, pain has interfered with your usual **ACTIVITY**:

0 1 2 3 4 5 6 7 8 9 10
Does not interfere Completely interferes

2. Circle the one number that describes how, during the past 24 hours, pain has interfered with your **SLEEP**:

0 1 2 3 4 5 6 7 8 9 10
Does not interfere Completely interferes

3. Circle the one number that describes how, during the past 24 hours, pain has affected your **MOOD**:

0 1 2 3 4 5 6 7 8 9 10
Does not affect Completely affects

4. Circle the one number that describes how, during the past 24 hours, pain has contributed to your **STRESS**:

0 1 2 3 4 5 6 7 8 9 10
Does not contribute Contributes a great deal

*Reference for pain interference: Cleeland CS, Ryan KM. Pain assessment: global use of the Brief Pain Inventory. *Ann Acad Med Singapore* 23(2): 129-138, 1994.

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You may access the DVCIPM website [here](#).

For postoperative pain relief, consider Provant Therapy. Provant is high-energy, dual-field electromagnetic therapy, proven in clinical trials and patient experiences to provide meaningful pain relief and improved quality of life. We track patient outcomes to provide a fuller picture of progress with our therapy. To learn more, please contact your Regenesi Biomedical representative, or visit www.regenesibio.com.

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Source: The Defense and Veterans Center for Integrative Pain Management (DVCIPM). <http://www.dvcipm.org/clinical-resources/defense-veterans-pain-rating-scale-dvprs/>