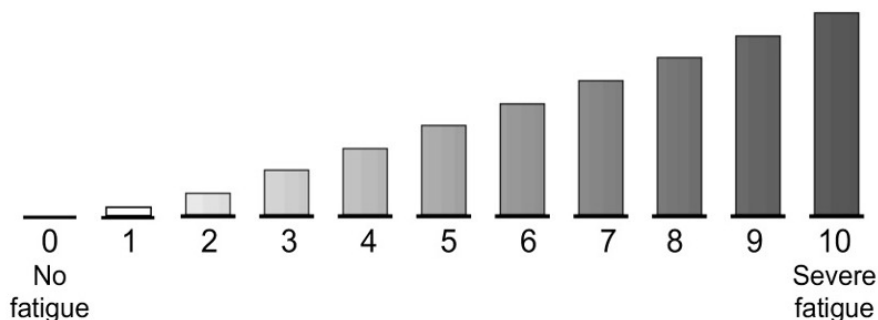


Chronic Pain Self-Management Self-Test

To help you with your pain self-management, please take this self-test. When you are finished, you can score yourself and, based on your score, find more information.

Fatigue (Tiredness)

Circle the *number* that describes your **fatigue** in the **past two weeks**.

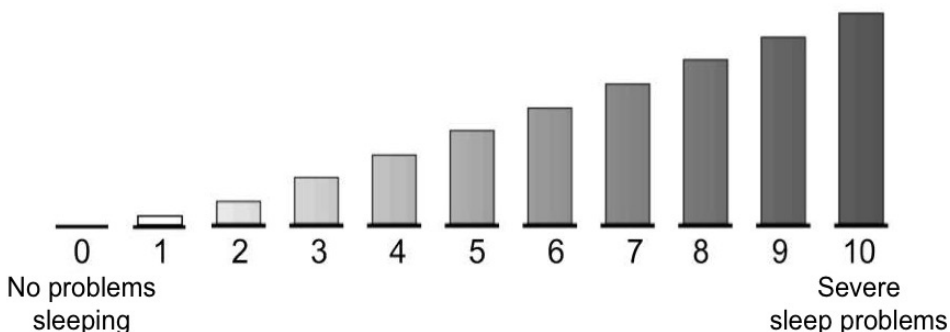


Scoring: Put your Fatigue Score here.

My Fatigue Score _____

Sleep

Circle the *number* that describes your **sleep** in the **past two weeks**.

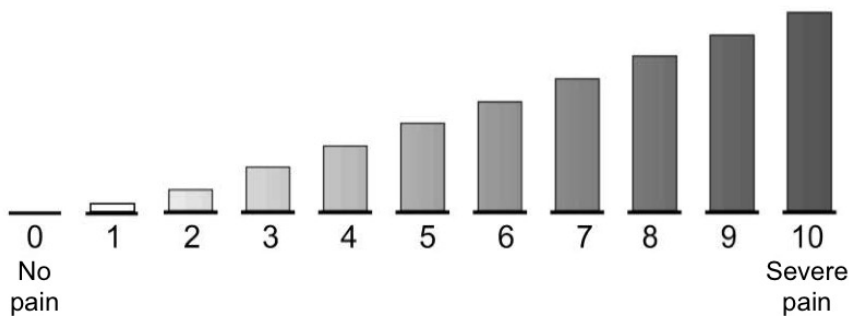


Scoring: Put your Sleep Score here.

My Sleep Score _____

Pain Intensity

Circle the *number* that best describes the intensity (strength) of your pain in the **past two weeks** from 0 (no pain) to 10 (severe pain).

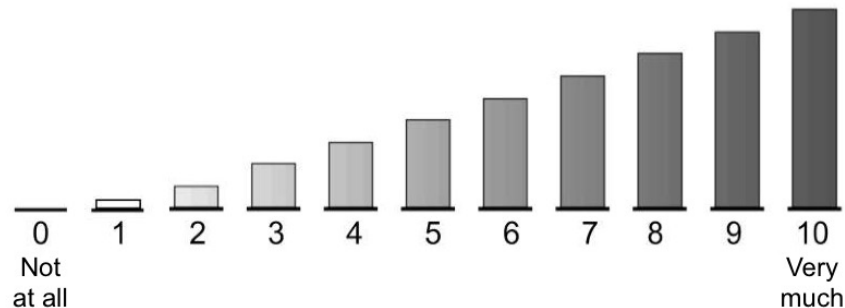


Scoring: Put your Pain Score here.

My Pain Score _____

Activity Interference

Circle the *number* describes how much pain has gotten in the way of your doing the things you need and want to do from 0 (not at all) to 10 (very much) in the **past two weeks**.



Scoring: Put your Interference Score here.

My Interference Score _____

Health Worries

On scale of 0 to 4, how much time during the **past two weeks** (please *circle* one *number* for each question):

	None of the time	A little of the time	Some of the time	A good bit of the time	All of the time
1. Were you discouraged by your pain or health problems?	0	1	2	3	4
2. Were you fearful about your future health?	0	1	2	3	4
3. Was your health a worry in your life?	0	1	2	3	4
4. Were you frustrated by your pain or health problems?	0	1	2	3	4

Scoring: Add the four circled numbers to get your Worries Score.

My Worries Score _____

Physical Activities

We would like to know more about your endurance exercise (cardiovascular or aerobic exercise). Endurance exercises include walking, running, dancing, swimming, rowing, bicycling, Nordic (cross-country) skiing, etc. Stretching is not considered endurance exercise.

Please fill in each space with 0 or the number of **total minutes of endurance exercise** you did each day last week. Be sure to total your daily minutes. The minutes can be spread out throughout the day.

Monday ____ Tuesday ____ Wednesday ____ Thursday ____ Friday ____ Saturday ____ Sunday ____

Scoring:

How many days did you exercise 10 minutes or less? _____

How many days did you exercise more than 10 minutes but less than 30 minutes? _____

How many days did you exercise 30 minutes or more? _____

Review Copy

Height and Weight

Your height: _____

Your weight: _____

Are you overweight?

Yes No (If you are not sure, look at the Body Mass Index table on pages 234–235 to find the healthy weight for your height.)

Managing Pain

When you are feeling pain, how often do you (please *circle* one *number* for each question):

	Never	Almost never	Sometimes	Fairly often	Very often	Always
1. Try to feel distant from the pain and pretend that it is not part of your body?	0	1	2	3	4	5
2. Think of it not as pain but as some other sensation, like a warm, numb feeling?	0	1	2	3	4	5
3. Play mental games or sing songs to keep your mind off the pain?	0	1	2	3	4	5
4. Challenge the way you think about the pain?	0	1	2	3	4	5
5. Practice visualization or guided imagery, such as picturing yourself somewhere else?	0	1	2	3	4	5

Scoring: Add the five circled numbers to get your Management Score. **My Management Score** _____

Medications

Are you now taking opioids for your pain? Yes No

Opioids include the following:

- hydrocodone (Vicodin®)
- oxycodone (OxyContin®, Percocet®)
- oxymorphone (Opana®)
- morphine (Kadian®, Avinza®)
- codeine
- fentanyl

Do you have any opioid medication in your home? Yes No

Chronic Pain Self-Management Self-Test—What It Means

What Do Your Answers Mean?

For each category, refer to your scores from the self-test.

Fatigue (Tiredness)

If your score is:

0–4 Fatigue is probably not your main concern. Though you may want to work on fatigue management, you may want to start by addressing another issue that is more of a problem for you. The good news is that almost all the tools in this book, when used regularly, can help you fight fatigue.

5–7 Fatigue is probably an important concern for you. Your fatigue may be related to your pain. The good news is that by working at it day by day, you can do a lot to reduce your fatigue. Start by reading pages 67–68 and Chapter 4, *Understanding and Managing Common Symptoms and Problems*.

8–10 Fatigue is probably a major problem for you. You should let your health care providers know about your fatigue level. Pain and some medications can cause fatigue or make it worse. You might need to change your medications. Are you taking your medications as prescribed? If not, taking your medications correctly might help. The good news is that by working on it daily, you can do a lot to reduce your fatigue. Start by reading pages 67–68 and Chapter 4, *Understanding and Managing Common Symptoms and Problems*.

Sleep

If your score is:

0–4 Sleep is probably not your main concern. Though you may want to work on sleep management, you may want to start by addressing another issue that is more of a problem for you. The good news is that almost all the tools in this book when used regularly can help you get better sleep.

5–7 Sleep is probably an important concern for you. Pain and sleep problems are often related. They each make the other one worse. The good news is that by working at it day by day, you can do a lot to get better sleep. Start by reading pages 69–74 in Chapter 4, *Understanding and Managing Common Symptoms and Problems*.

8–10 Sleep is probably a major problem for you. You should let your health care providers know about your sleep problems. Pain and some medications can cause problems sleeping. You might need to change your medications. Are you taking your medications as prescribed? If not, taking your medications correctly might help. The good news is that by working on it daily and practicing good sleep self-management, you can get better sleep. Start by reading pages 69–74 in Chapter 4, *Understanding and Managing Common Symptoms and Problems*.

Pain

There are many ways to think about pain. Let's consider two of these. Sometimes people have a low pain level, but it interferes a lot with what they want to do.

First, what is your day-in and day-out level of pain? (Pain Intensity section on your self-test.) Second, how much does pain interfere with the things you want and need to do? (Activity Interference section on your self-test.)

If your total score for both Pain Intensity and Activity Interference is between 0 and 4:

Pain is not a major problem for you. This probably means that you are managing pain and your health well. However, there are always new things to learn.

If your total score for both Pain Intensity and Activity Interference is 5 or above:

Pain is an important concern for you. Pain is often related to fatigue, poor sleep, depression, and stress. Each one makes the others worse (see page 59). The good news is that by working at it day by day, you can do a lot to reduce your pain and how your pain interferes with what you want and need to do. You can start by learning a little more about pain in this chapter, and looking at your other scores to work on the pain-related areas where you score high.

If your score for Pain Intensity is between 0 and 4 and for Activity Interference is 5 or above:

Your score means that your day-to-day pain is not too intense, but pain interferes greatly in the things you want and need to do. Ask yourself why and how your pain interferes. Is it because you tire easily or overdo it sometimes?

If so, read about pacing yourself in Chapter 6, *Organizing and Pacing Your Life for Pain Self-Management and Safety*. Is your pain caused by sore muscles or joints? If so, start with the Moving Easy Program and exercises in Chapter 8, *Exercising to Feel Better*. These are very gentle and are designed to help get you moving without making pain worse. Are you afraid of falling? Then the balance exercises in Chapter 8 are a good place to start (see pages 166–169). If you are overweight, that may be a major cause of your pain. You can read about getting to and maintaining an appropriate weight in Chapter 10, *Healthy Weight and Pain Self-Management*.

Health Worries

If your score is:

0–4 You are probably dealing with very few or no difficult emotions. The good news is that no matter where you start in this book, your worries will probably become even fewer.

5–8 You are dealing with some difficult emotions. This is not unusual. Chronic pain can result in chronic stress and worry. You might want to start by reading about difficult emotions in Chapter 5, *Using Your Mind to Manage Pain and Other Symptoms*. No matter which chapter you decide to start with, the good news is that almost all the self-management activities in this book help you better handle your worries.

9–16 You are dealing with a lot of worries and difficult emotions about your pain and health conditions. These are probably serious enough for you to talk with your doctor, psychologist, or social worker. Seeking help is part of being

a good self-manager. You do not need to feel so down. Get some help. You can start learning more by reading pages 97–112 in Chapter 5, *Using Your Mind to Manage Pain and Other Symptoms*. The good news is that there are many things that can help: self-management, talk therapy, and/or medications. Read Chapter 11, *Communicating with Family, Friends, and Health Care Providers* to prepare for your discussion with your health care professional.

Physical Activities

Physical activity and exercise are important for everyone but especially for people who experience pain. Often some of the pain is due to weak muscles and joints. Gentle exercise can help strengthen muscles and reduce pain.

If you exercised less than 10 minutes four or more days last week, you are not doing much exercise right now. The recommendation is that everyone exercise 30 or more minutes four to five days a week. There is no time like the present to start!

- Practice the Moving Easy Program (introduced on page 173) on your CD or MP3 player at least every other day. You will find pictures of all the exercises in Chapter 8, *Exercising to Feel Better*.
 - As the Moving Easy Program becomes easier, add 5 to 15 minutes of walking four days a week. Read more about endurance exercise in Chapter 7, *Exercising and Physical Activity for Every Body*.
 - If you are only able to do the Moving Easy Program, that is OK! Keeping your body moving will help you.
- If you exercised more than 10 minutes but less than 30 minutes four or more days last week, you are already taking part in an exercise program. Congratulations! The recommendation is that everyone exercise 30 or more minutes four to five days a week. Consider building on your current exercise program. For the best results:
- Read Chapter 7, *Exercising and Physical Activity for Every Body*, and Chapter 8, *Exercising to Feel Better*.
 - Do the Moving Easy Program (introduced on page 173) a few times. Pay attention to how the movements make you feel. You may find places in your body that need a little work on flexibility or strength.
 - Do moderate endurance exercise on most days of the week (four or five days), working toward a total of 30 minutes for each exercise day.
 - The 30 minutes does not have to be done all at once. For example, your goal can be to work up to 10 minutes at a time three times per day, most days of the week.
 - Also do flexibility and/or strengthening exercises most days of the week.
 - Flexibility exercises before and after endurance exercise help prevent sore muscles and injury.
 - Strengthening exercises help make your muscles stronger and more efficient.
 - Do strengthening exercises no more often than every other day, two to three days per week.
- If you exercised 20 minutes but less than 30 minutes four or more days last week, good work!

You are almost at the recommended amount. The recommendation is that everyone exercise 30 or more minutes four to five days a week. Just add a little more to what you are doing now, and you will be there. Remember that you do not have to do all your exercise at once. You can break it down into several sessions a day.

- Consider doing the Moving Easy Program (introduced on page 173). Although this may seem easy, you may find a few spots that need some extra work.
- You can also read Chapter 7, *Exercising and Physical Activity for Every Body*, and Chapter 8, *Exercising to Feel Better*.

If you exercised 30 minutes or more four or more days last week, *wow!* It looks like you are already doing a lot of endurance exercise! Congratulations on keeping your body moving!

- It is important to spread out your endurance exercise to more days of the week. Doing about 30 to 60 minutes of endurance exercise most days of the week is the goal.
- Remember, flexibility or strengthening exercises are also an important part of a complete fitness program. If you are not doing much of these, add some flexibility exercises before and after endurance exercise. Doing so helps prevent sore muscles and injury. You can start with the Moving Easy Program in Chapter 8, and read Chapter 7, *Exercising and Physical Activity for Every Body*, and Chapter 8, *Exercising to Feel Better*.

Weight

People often do not think about how excess weight can cause pain. However, being overweight makes your muscles, joints, and bones work much harder. Think about lifting three different bags, one with three apples (weighing one pound), one with nine apples (weighing three pounds), one with 18 apples (weighing six pounds), and finally one with 30 apples (weighing ten pounds). Each bag is probably a bit more difficult to lift than the previous one. You might also feel more and more pain in your back, arms, shoulders, hips, knees, or feet. When you put the heavier bags down, the pain goes away.

If you are overweight, losing weight can help decrease pain. Use your height and weight to find your body mass index (BMI) on pages 234–235 in Chapter 10, *Healthy Weight and Pain Self-Management*. Body mass index is one of the best indications of whether someone is underweight, healthy weight, or overweight. The information on page 232 can help you better understand BMI.

If your BMI is below 18.5, you are underweight. You will find information to help you gain weight on pages 243–244 in Chapter 10, *Healthy Weight and Pain Self-Management*.

If your BMI is between 18.5 and below 25, you are at a healthy weight. Good for you. You might want to review Chapter 9, *Healthy Eating and Pain Self-Management*, and Chapter 10, *Healthy Weight and Pain Self-Management*. Even if you are at a normal weight, you might not be getting all the benefits you could from healthy eating.

If your BMI is 25 or above, you are overweight. Excess weight may be adding to your pain. The good news is that losing just 5 to 10 percent of your weight can make a big difference. (This is 10 to 20 pounds for someone who weighs 200 pounds.) Any weight loss is helpful. You will find out more about how to lose weight and keep it off in Chapter 10, *Healthy Weight and Pain Self-Management*. Chapter 9, *Healthy Eating and Pain Self-Management*, will help you make good decisions about healthy eating.

Managing Pain

When you have pain, your thoughts matter. Did you know that we do not feel pain until our nerves send a signal to our brains? The same part of our brain that tells us we have pain also tells us when we are angry or depressed. It is not surprising that by using the mind, we can often lessen our pain.

If your score is:

21–30 You are using your mind to manage your pain a lot. Good for you! You might find some more helpful hints in Chapter 5, *Using Your Mind to Manage Pain and Other Symptoms*. If your response to number 5 on your self-test for managing pain is below 4, be sure to read the content about Challenging Negative Self-Talk and Worst-Case Thinking (page 102) and listen to the relaxation CD or MP3. There you can find four different relaxation exercises from which to choose. (If you did not purchase a relaxation CD or MP3 with your book, you can order one from www.bullpub.com or use a relaxation recording or app of your choice.)

11–20 You are probably not using your mind as much as you could to help with your pain. It may be that you are only doing one or two things, or that the things you are doing are not working for you as well as they might. You might find some helpful ideas in Chapter 5, *Using Your Mind to Manage Pain and Other Symptoms*. If your response to number 5 on your self-test for managing pain is below 4, be sure to read the content about Challenging Negative Self-Talk and Worst-Case Thinking (page 102) and listen to the relaxation CD or MP3. There you can find four different relaxation exercises from which to choose. (If you did not purchase a relaxation CD or MP3 with your book, you can order one from www.bullpub.com or use a relaxation recording or app of your choice.)

0–10 You are not using one of your most valuable pain-management tools, or it may be that you are only using one or two techniques. We suggest that you read Chapter 5, *Using Your Mind to Manage Pain and Other Symptoms*, and choose one or two things to try. Remember, relief comes slowly, so give each tool a two-week trial before you decide it is not for you. If your response to number 5 on your self-test for managing pain is below 4, be sure to read the content about Challenging Negative Self-Talk and Worst-Case Thinking (page 102) and listen to the relaxation CD or MP3. There you can find four different relaxation exercises from which to choose. (If you did not purchase a relaxation CD or MP3 with your book, you can order one from www.bullpub.com or use a relaxation recording or app of your choice.)

Medications

Opioids are often very helpful for short-term pain such as that experienced immediately after surgery. But did you know that long-term use of opioids can cause more pain?

If you are currently taking opioids for pain or considering using opioids, read pages 329–333 in Chapter 15, *Understanding Medications and Other Treatments for Chronic Pain*. Reducing or stopping opioids is not something you should try on your own. You need a knowledgeable health professional to help you taper your use of these medications. Tapering usually takes many months and does not cause withdrawal symptoms or increased pain.

If you currently have any opioid medication at home, you are not alone. One study found that more than half of the people in the United States have opioids they are no longer using. These are usually sitting on a shelf or in a drawer waiting to be found by visitors, household help, children, or grandchildren. A major source of misused opioids is from homes. If you have opioids at home, please dispose of them safely (not down the toilet). Ask your pharmacist how to best dispose of them. You may be able to turn them in to your local police station or pharmacy. Or look for locked drug disposal boxes in your community.



We suggest you take this test and then start our self-management journey. Comeback and retake the test every two to three months to see your progress.

For a complete list of suggested further readings,
useful websites, and other helpful resources, please see

www.bullpub.com/resources.