

Pain Risk Factors Assessment Form

We encourage you to talk with a medical professional before starting any new therapies or treatments.

What are YOUR “Pain Risk Factors”? Did you know that all of the items listed below can worsen your pain?

Habits

- Smoking?
- Alcohol?
- Diet?

Sleep

- Poor
- Not refreshing
- Good

Exercise

- Not enough
- Too much
- Just right

Ergonomics

- Do you get pain while at work?
- Are you wearing comfortable shoes while at work?
- Do you do a lot of typing at work?

Other

- Money problems
- Stress/anger/fear
- History of physical or sexual abuse
- Alcoholism or drug addiction (you or your family)

How to be SAFE while taking your pain medications

- Take medications as prescribed
- Watch out for constipation
- Do NOT take pain medications with alcohol or sleep aids
- Watch out for signs of allergic reaction like rash and difficulty breathing

Contact Us

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Resources

Adapted from the Pain Explanation and Treatment Diagram developed by [Finestone HM, Singer L, Mayo NE, O'Brien E, Fisher WA. The pain explanation and treatment diagram: a tool to enhance patient self-management of persistent pain. PM R. 2012 Jun;4\(6\):456-8. doi: 10.1016/j.pmrj.2012.03.016. PMID: 22732158.](#)