

Appendix C: Comprehensive pain assessment mnemonic (OPQRSTUV)

The following mnemonic can be used to conduct a comprehensive pain assessment. Note that this assessment may not be the most appropriate tool for all presentations of pain.

Onset	When did the pain begin? How long does it last? How often does the pain occur?
Provoking/Palliating	What brings on the pain? What makes it better? What makes it worse?
Quality	What does the pain feel like? Can you describe it?
Region/Radiation	Where is the pain located? Does it spread anywhere?
Severity	What is the intensity of the pain? Rate your pain on a scale of 0 to 10 with 0 being no pain and 10 being the worst possible pain.
Timing/Treatment	Is the pain constant? Does it come and go? Is it worse at any particular time? What medication and treatments are you currently using? How effective are these? Do you have any side effects from the medication and treatments?
Understanding/Impact on you	What do you believe is causing the pain? Are there any other symptoms with the pain? How is this pain impacting you and your family?
Values	What is your goal for this pain? What is your comfort goal or acceptable level for this pain? Rate your goal on a scale of 0 to 10 with 0 being no pain and 10 being the worst possible pain. Are there any other views or feelings about this pain that are important to you and your family? Is there anything else you would like to say about your pain that has not already been discussed or asked?

Source: Adapted from: Fraser Health. Hospice palliative care program: symptom guidelines [Internet]. Surrey (BC): Fraser Health; 2019. Available from: https://www.fraserhealth.ca/-/media/Project/FraserHealth/FraserHealth/Health-Professionals/Professionals-Resources/Hospice-palliative-care/Sections-PDFs-for-FH-Aug31/9524-01-05-FH---Sym_Guide-Intro-v05FINAL.pdf