

PQRSTU	Questions Related to Pain
Provocation/palliation	What makes your pain worse? What makes your pain feel better?
Quality	What does the pain feel like? You can provide suggestions for pain characteristics, such as “aching,” “stabbing,” or “burning.”
Region	Where exactly do you feel the pain? Does it move around or radiate elsewhere? Instruct the client to point to the pain location.
Severity	How would you rate your pain on a scale of zero to ten, with zero being no pain and ten being the worst pain you’ve ever experienced?
Timing/treatment	When did the pain start? What were you doing when the pain started? Is the pain constant or does it come and go? If the pain is intermittent, when does it occur? How long does the pain last? Have you taken anything to help relieve the pain?
Understanding	What do you think is causing the pain?

Table 24.6 Sample PQRSTU Focused Questions for Pain