



Psychosocial Exam Components

Cheat Sheet

Psychological Impairments	
Impairment	What to look for
Imaging	Has the patient had imaging? Do they repeatedly talk about imaging findings? Do they talk about the need to get imaging?
Prognosis	Does the patient believe they will inevitably worsen?
Understanding pain	Does the patient voice that they want to know why they have pain? Does the patient say they wish they had a diagnosis?
Control over pain	Does the patient say they don't know what to do when they have pain?

Social Impairments	
Impairment	What to look for
Too much talking about pain	Body chart has 3 or more locations of pain that does not fit a common orthopaedic presentation AND Central Sensitization Inventory Score >39
Pain behaviors	Subjective and objective exam note: inability to relax body part being moved passively, breath holding, audible groaning/moaning, facial expressions, hand on painful area, facial tenseness/restlessness, constantly shifting position, standing

Solicitous and punishing response by spouse/significant other	<p>How does your spouse/partner respond when you are very active (for example, exercising)? Encouragingly/Frustrated/Neutral</p> <p>Does your spouse/partner understand how your pain affects you? Yes/No/Not sure</p> <p>If the above answers are either “frustrated” or “no” then give the Spouse Response Inventory</p>
Stress	<p>Give if the person has had pain for 6 months or longer.</p> <p>Brief Resilience Scale <3</p>
Anxiety	<p>Over the last several months, have you been continually worried or anxious about a number of events or activities in your daily life? If the answer is yes then give the General Anxiety Disorder (GAD)- 7 and look for score >10.</p>
Depression	<p>Give Center for Epidemiologic Studies Depression Scale if yes answer to both: 1) During the past month, have you often been bothered by feeling down, depressed or hopeless? 2) During the past month, have you often been bothered by little interest or pleasure in doing things? CES-D >16 refer</p>
Litigation for pain	<p>Intake paperwork. Ask pointed questions.</p>
Anger/Injustice	<p>Do you have pain that is a result of a motor vehicle accident or occupational injury? If “yes” then give Injustice Experience Questionnaire and look for a score >30.</p>
Lifestyle factors (subcategory of social)	-----
Inadequate sleep	<p>1) How many hours do you typically sleep each night? 2) How would you rate the quality of your sleep? Poor Fair Good</p> <p>If “poor” is circled or if they have less than 6 hours of sleep then give Pittsburgh Sleep Quality Index Score and look for score >5.</p> <p>2) Evaluate Mallampati Score Evaluate</p>
Smoking	<p>Do you smoke cigarettes, cigars, or e-cigarettes?</p>
Illicit drugs	<p>In the past 6 months have you used any illicit drugs?</p>

<p>>100 minutes of intense physical activity/day or <90 minutes of physical activity/week</p>	<p>Ask about activity in subjective.</p>
<p>Poor HRV</p>	<p>Test HRV before and after at least 10 minutes of moderate-intensity exercise. Decrease should be 12.6ms.</p>
<p>Nutrition</p>	<p>Do you regularly (most days) eat fruits and vegetables? Yes/No Do you regularly (multiple days/week) eat fast food? Yes/No Do you drink greater than 2 caffeinated beverages/day? Do you drink more than 1 alcoholic beverage/day?</p> <p>If “no” to the first question and “yes” to the second question discuss nutrition to see if there are recommendations you need to make or refer to a RD.</p>
<p>Trauma</p>	<p>Have you experienced any traumas that you re-experience (nightmares, flashbacks, etc.)?</p>