

Pain is the PITS[®] Program

Pain and Quality-of-Life Score = Your “PITS Score”

A Multidimensional Integrative P-I-T-S Assessment Tool

Directions: For each category question, indicate how much you **Agree or Disagree** (in general, or on average, **in the last week**) by circling a number from 0 to 10, where 0 is totally Disagree and 10 is totally Agree.

<u>Sections:</u>	<u>Category Questions:</u>	<u>SubTotals:</u>
P Physical Function	<p style="text-align: center;"><u>Disagree 0 1 2 3 4 5 6 7 8 9 10 Agree</u></p> <p>You are able to work or take care of home and children?</p>	<p style="text-align: center;"><u>Disagree 0 1 2 3 4 5 6 7 8 9 10 Agree</u></p> <p>You are able to do some exercise?</p>
	<p style="text-align: center;"><u>Disagree 0 1 2 3 4 5 6 7 8 9 10 Agree</u></p> <p>You are able to do activities of daily living?</p>	_____
I Intensity of Pain	<p style="text-align: center;"><u>Disagree 0 1 2 3 4 5 6 7 8 9 10 Agree</u></p> <p>Your pain score levels are acceptable?</p>	<p style="text-align: center;"><u>Disagree 0 1 2 3 4 5 6 7 8 9 10 Agree</u></p> <p>Your duration of pain relief is adequate?</p>
	<p style="text-align: center;"><u>Disagree 0 1 2 3 4 5 6 7 8 9 10 Agree</u></p> <p>Your treatment side effects are tolerable?</p>	_____
T Thoughts and Behaviors	<p style="text-align: center;"><u>Disagree 0 1 2 3 4 5 6 7 8 9 10 Agree</u></p> <p>Anxiety and depression are controlled?</p>	<p style="text-align: center;"><u>Disagree 0 1 2 3 4 5 6 7 8 9 10 Agree</u></p> <p>You are getting restful sleep?</p>
	<p style="text-align: center;"><u>Disagree 0 1 2 3 4 5 6 7 8 9 10 Agree</u></p> <p>Your overall energy level is OK?</p>	_____
S Social Interactions	<p style="text-align: center;"><u>Disagree 0 1 2 3 4 5 6 7 8 9 10 Agree</u></p> <p>You are getting out with friends and family?</p>	<p style="text-align: center;"><u>Disagree 0 1 2 3 4 5 6 7 8 9 10 Agree</u></p> <p>You are able to travel or do a hobby?</p>
	<p style="text-align: center;"><u>Disagree 0 1 2 3 4 5 6 7 8 9 10 Agree</u></p> <p>You have enough money and insurance for your pain care?</p>	_____
		<u>Total Score:</u> _____

Scoring: Add up all the Category questions and the SubTotals.

The maximum total score is 120. The higher your score, the better your pain control and quality-of-life.

Your overall goal is to get your “PITS Score” above 100!

- Excellent: 101-120**
- Very Good: 81-100**
- Good: 61-80**
- Fair: 41-60**
- Poor: 21-40**
- Very Poor: 0-20**