# Dear New Patient:

## Welcome to the Pain and Headache Center

A few reminders to make your first visit a little easier:

- Please make sure to bring this completed new patient packet, your ID, and your insurance card to your visit.
    - If you are a Medicaid patient, you must have your card and $3 co-pay to be seen for every visit (no exceptions)

- We are trying very hard to stay on schedule. Your appointment time is the time when we hope to actually have you in the exam room, which means that you must arrive early to check in. We do not double-book patients, and so, if you are more than five minutes late, your time with our providers will be dramatically decreased or your appointment will be rescheduled.
- Please bring your records, Xrays (films or disc), and a **list of ALL of your medications** (or the bottles themselves)
    - Although we have made every effort to get records from your doctor, this is ultimately your responsibility to provide these records; without records, we may not be able to help you.

- If you are requesting pain medications, you will be required to provide a fresh sample of your urine during your visit. Please plan accordingly, because you will not receive a prescription without this urine for screening. If you cannot urinate or if the results of this urine screen are unexpected, we may decline to provide prescriptions at this visit.

- We try to treat our patients as responsible adults, and therefore we will not call to remind you of appointments. **If you no-show for an appointment you will be charged.**

## On behalf of our providers, welcome to the practice!

Initial:_____

**The Pain and Headache Center, LLC**
**Registration Form (please print)**

## PATIENT INFORMATION

Last name:_____ First name:_____ Middle initial:_____
Is this your legal name? YES NO if not, what is your legal name? _____
Previous name:_____ Marital status: Married Divorced Single Widowed Other
Race:_____ Language spoken: _____
Birth Date:_____ Age:_____ SSN:_____ Sex: Male Female
Mailing Address:_____ City:_____ St:____ Zip:_____
Physical Address:_____ City:_____ St:____ Zip:_____
Hm. Phone:_____ Cell #:_____ Work#: _____
Employer:_____ Occupation: _____
Employer Address:_____ City:_____ St:____ Zip:_____
Referring Provider:_____ PCP (if different): _____

## INSURANCE INFORMATON

Primary INS:_____ Insurance phone #: _____
INS Address:_____ City:_____ St:_____ Zip:_____
Policy #:_____ Group#:_____
Subscriber's name:_____ Relationship to patient: _____
Birth Date:_____ Age:_____ SSN:_____ Sex: Male Female

Secondary INS:_____ Insurance phone #: _____
INS Address:_____ City:_____ St:_____ Zip:_____
Policy #:_____ Group#:_____
Subscriber's name:_____ Relationship to patient: _____
Birth Date:_____ Age:_____ SSN:_____ Sex: Male Female

Worker's Comp/ MVA INS Co.:_____ W/C Phone#: _____
W/C / MVA Address:_____ City:_____ St:_____ Zip:_____
Claim #:_____ Date of Injury:_____ Site of Injury: _____
Name of Adjuster:_____ Adjuster Phone #: _____
Employer at the time of injury: _____

## IN CASE OF EMERGENCY

Emergency Contact name:_____ Relationship:_____
Address:_____ City:_____ St: Zip:_____
Hm. Phone:_____ Cell #:_____ Work#: _____

**CONSENT FOR TREATMENT**: I hereby authorize *The Pain and Headache Center, LLC* providers to provide such medical treatments, examinations, and to perform such procedures deemed as medically necessary.

The above information is true to the best of my knowledge. I authorize my insurance benefits be paid directly to the physician. I understand that I am financially responsible for any balance. I also authorize *The Pain and Headache Center, LLC* or insurance company to release any information required to process my claim.

Patient/ Guardian printed name:_____ Date: _____

Patient/ Guardian signature:_____ Date: _____

## The Pain and Headache Center, LLC

## Financial Policy

Here at The Pain and Headache Center we are doing everything possible to hold down the cost of medical care. You can help a great deal by reducing the number of bills we send to you. The following is a summary of our payment policy.

**ALL PAYMENT IS EXPECTED AT THE TIME OF SERVICE:**
Payment is required at the time services are rendered unless other arrangements have been made in advance. This includes applicable coinsurance and copayments for participating insurance companies. The Pain and Headache Center, LLC accepts cash, personal checks, VISA, and MasterCard. There is a service charge of $35.00 on returned checks.

Patients with an outstanding balance 60 days or more overdue must make arrangements for payment prior to scheduling appointments. We realize that financial difficulty is a reality.

**INSURANCE:**
We must emphasize that as a medical care provider our relationship is with you, not your insurance company.
We file your insurance claim as courtesy to you, and all charges are ultimately your responsibility. Not every service is a covered benefit with your plan. Some insurance companies arbitrarily select certain services they will not cover. **It is important that you read and understand YOUR health insurance policy and its requirements for coverage, including preauthorization of services.** We currently send claims to numerous plans and are not responsible for knowing the requirements of your specific plan. We will not become involved in disputes between you and your insurance company regarding deductibles, co-payments, covered charges and secondary insurance, "usual and customary" charges. If you choose to file an appeal to your insurance, it is your responsibility.
If you need assistance or have questions, please contact The Billing Coordinator between 8:30 a.m. and 5:00 p.m., Monday through Friday at 907-563-1777.

**REFUNDS:**
Patient/guarantor credits in amounts less than $20.00 will be retained on account to be credited toward future balances, unless a written request for refund is received. Amounts $20.00 and greater will automatically be refunded to the patient/guarantor.

**MISSED APPOINTMENTS/LATE CANCELLATIONS:**
Broken appointments represent a cost to us, to you and to other patients who could have been seen in the time set aside for you. Cancellations are requested 24 hours prior to the appointment. We reserve the right to charge$50.00 for missed or late-canceled appointments. Excessive abuse of scheduled appointments may result in discharge from the practice.

I have read and understand The Pain and Headache Center, LLC Financial Policy. I agree to assign insurance benefits to The Pain and Headache Center, LLC whenever necessary. I also agree that if it becomes necessary to forward my account to a collection agency, in addition to the amount owed, I also will be responsible for the fee charged by the collection agency for costs of collections.

***BY SIGNATURE BELOW I ACKNOWLEDGE THAT I HAVE READ, I UNDERSTAND AND I APPROVE ALL OF THE ABOVE***

Signature of insured or authorized representative:_____ Date:_____
Printed name of insured or authorized representative:_____ Date: _____

# The Pain and Headache Center, LLC

## Consent for Involvement of Care

In order to comply with specific rules regarding HIPAA, we ask that our patients complete and sign this privacy and security of health information. Unless this form is complete, we are not authorized to speak to anyone but you. I understand this release excludes; insurance companies, attorneys, and other health care providers.

Personal Health Information:

I_____herby authorize The Pain and Headache Center, LLC to speak to the person(s) listed below regarding my personal health information.

Name:_____Relationship:_____

Name:_____Relationship: _____

Billing and payment information:

I_____herby authorize The Pain and Headache Center, LLC to speak to the person(s) listed below regarding my billing and payment information.

Name:_____Relationship: _____

Name:_____Relationship: _____

Medication Information:

I_____herby authorize The Pain and Headache Center, LLC to release my prescriptions that need to be picked up on my behalf to the person(s) listed below.

Name:_____Relationship: _____

Name:_____Relationship: _____

Appointment Reminders:

I_____herby authorize The Pain and Headache Center, LLC and staff to leave appointment reminders by the following methods:

| | Please Circle one | | |
|---|---|---|---|
| Home Phone: _____ | YES | NO | N/A |
| Cell Phone: _____ | YES | NO | N/A |
| Work Phone: _____ | YES | NO | N/A |

I understand and assume responsibility of notifying The Pain and Headache Center, LLC whenever the listed information changes. I understand this release excludes; insurance companies, attorneys, and other health care providers.

Patient Name:_____Date: _____

Patient Signature:_____Date: _____

**RESEARCH PURPOSES I also agree to have my telemedicine records and clinical data reviewed for the purposes of evaluation (data collection, analysis, and presentation in verbal or written format at scientific meetings or publications) or other educational purposes. I understand that any presentation will not identify me by name or other identifiable markers. AGREE_____ (initials of patient only if AGREEING).**

# The Pain and Headache Center, LLC
## HIPAA Privacy Policy

I (name of patient)_____, acknowledge and agree that I have read a copy of the HIPAA Privacy Policy. Copies of the policy are located in the waiting room binder.

Patient Signature:_____Date:_____
Printed Name:_____Date: _____

**DATE:** _____

Name:_____
DOB: _____

# The Pain and Headache Center
# New Patient Intake

*Please answer the following to the best of your ability and in its entirety so we can optimize your care.*

**<u>Location of pain</u>: Please check which area of pain you have and the associated locations. Shade the diagram in where your pain is and trace any patterns or radiation.**

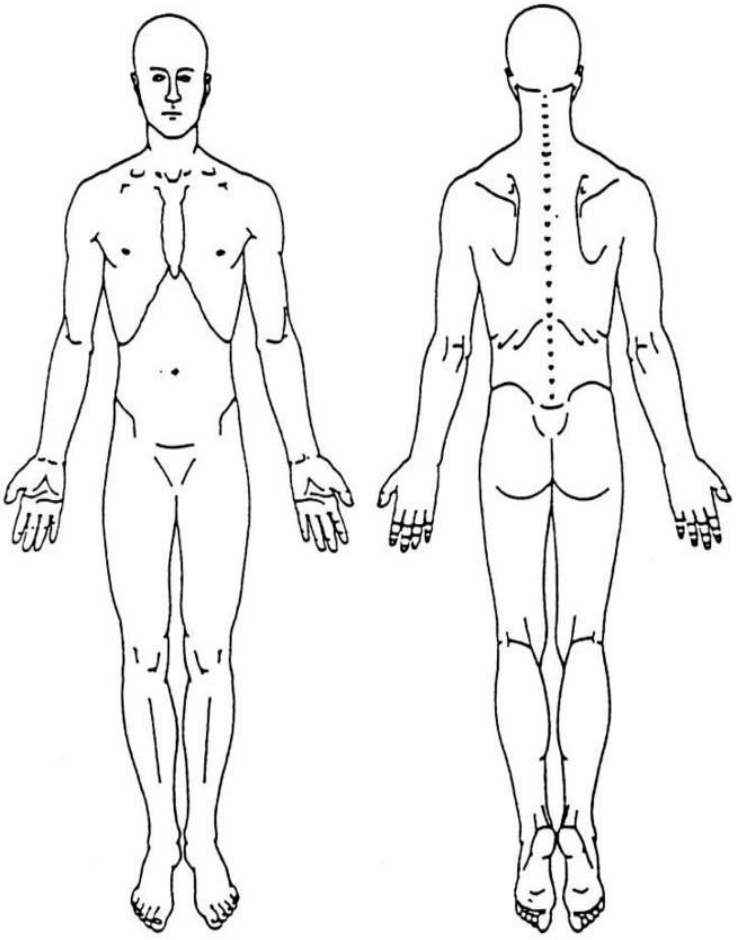
_____**Neck Pain**
- _____Pain causes headaches
  - _____Front of head
  - _____Temple, left
  - _____Temple, right
  - _____Back of head, left
  - _____Back of head, right
- _____Pain radiates into arms
  - _____Left
  - _____Right
- _____Pain radiates into hands
  - _____Left
  - _____Right

_____**Shoulder Pain**
- _____Left
- _____Right

_____**Upper Back**
- _____Pain radiates into ribs
  - _____Left
  - _____Right

_____**Lower Back**
- _____Pain radiates into hips
  - _____Left
  - _____Right
- _____Pain radiates into pelvis
  - _____Left
  - _____Right
- _____Pain radiates down the leg
  - _____Left
  - _____Right

_____**Other** (*Please explain)* _____



_____

_____

_____

**How long have you had your pain?**

Years_____
Months_____
Weeks _____

**What was the onset of your pain?**

Trauma (please explain): _____
Unknown onset, sudden
Unknown onset, gradual

**Is this a work related injury?** Yes No

**Is worker's compensation involved?** Yes No

If so, date of injury? _____

**Please describe your pain at its….**

Best 1…2…3…4…5…6…7…8…9…10
Worst 1…2…3…4…5…6…7…8…9…10
Average 1…2…3…4…5…6…7…8…9…10

**Type of pain (*please circle)***

| | | | | |
|---|---|---|---|---|
| Aching | Burning | Dull | Constant | Episodic |
| Shooting | Tingling | Tight | Radiating | Intermittent |
| Cramping | Hot | Heavy | Annoying | Throbbing |
| Numb | Cold | Intense | Severe | Deep |
| Stinging | Sore | Knife-like | Sharp | _____ |

**Does your pain wake you up at night?** Yes No

**When is your pain worse?** Morning Afternoon Night

**Assisted devices:**

| | | |
|---|---|---|
| None | Cane | Walker |
| Corset | Brace | Wheelchair |

**Please mark if you have seen any of the following providers for your pain:**

| | |
|---|---|
| Orthopedic surgeon | Rheumatologist |
| Neurologist | Physical Therapist |
| Primary Care | _____ |
| Emergency Room | _____ |

**Have you been ever been discharged from a clinic?** Yes No

If yes, please explain what happened and name of clinic:

_____
_____
_____

**Have you done physical therapy?** Yes No

1. Did it help with your pain? Yes No
2. When did you go? _____
3. For how long?_____

**Aggravating Factors (please circle):**

| | | |
|---|---|---|
| Sneezing | Lifting | _____ |
| Coughing | Sitting | _____ |
| Bowel Movements | Standing | _____ |
| Bending | Walking | _____ |
| Twisting | Lying down | _____ |

**Relieving Factors (please circle):**

| | | |
|---|---|---|
| Heat | Standing Up | _____ |
| Ice | Rest | _____ |
| Physical Therapy | Pain Meds | _____ |
| Laying Down | Bending forward | |

**Please list ALL of your current medications. List name, dosage, frequency and what they are used for:**

Name Strength Frequency Usage

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

**Please list ALL of the narcotics, pain patches, neuropathic medications etc. that you have taken in the past that DID NOT WORK:**

Name Strength Why Stopped (side effects cost etc.)

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

**Please indicate any diagnostic tests you have had. Approximate the date and location of where they were preformed:**

| | **Had? Yes/No** | **Body Part** | **Date** | **Facility** |
|---|---|---|---|---|
| XRAY | | | | |
| EMG | | | | |
| Myelogram | | | | |
| MRI | | | | |
| Other | | | | |

**Allergies (please circle):**

| | | | |
|---|---|---|---|
| Shrimp | Adhesives | Seasonal Allergies | _____ |
| Shellfish | Iodine | _____ | _____ |
| Latex | Penicillin | _____ | _____ |

**Social History**

1. Do you use tobacco products? Yes No
   Please describe frequency and product consumed: _____
2. Do you consume alcoholic beverages? Yes No
   Please describe frequency: _____
3. Do you have a history of illegal drug abuse? Yes No
4. Is there any current illegal drug abuse? Yes No
5. How many caffeinated beverages do you consume daily? 0-1 2-3 3-4 5+
6. How many times do you exercise during the week? 1-2 3-4 5-6 Never
7. How often do you use your seatbelt? Always Sometimes Never
8. What is your occupation? _____

**Past Medical History (please circle):**

Alcoholism
Anemia
Anesthetic Complication
Anxiety
Arthritis
Asthma
Autoimmune Problems
Birth Defects
Bleeding Disease
Blood Clots
Blood Transfusion(s)
Bowel Disease
Breast Cancer
Cervical Cancer
Colon/Rectal Cancer
Depression
Diabetes I
Diabetes II
Growth/ Developmental Disorder
Heart Attack
Heart Disease
Heart Pain
Hepatitis A
Hepatitis B
Hepatitis C
High Blood Pressure
High Cholesterol
HIV
Kidney/Bladder Disease
Liver Cancer
Liver Disease
Lung/Respiratory Disease
Lung Cancer
Mental Illness
Migraines
Osteoporosis
Prostate Cancer
Reflux/ GERD
Seizures Convulsions
Severe Allergy/ Hives
STD
Skin Cancer
Stroke/ CVA of the Brain
Suicide Attempt
Thyroid Problems
Ulcers
Other Disease/ Cancer or Significant Medical Illness
_____
_____
_____

**Family History (please circle):**

Family history unknown
Alcoholism
Anemia
Anesthetic Problems
Arthritis
Asthma
Bleeding Disease
Breast Cancer
Colon/ Rectal Cancer
Depression
Diabetes
Other: _____
Heart Disease
High Blood Pressure
High Cholesterol
Kidney/ Bladder Disease
Lung/ Respiratory Disease
Migraines
Osteoporosis
Seizures/ Convulsions
Severe Allergy/ Hives
Stroke/ CVA of the Brain
Thyroid Problems
_____

**Surgical History (please circle):**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Cataract Surgery | L | R | Both | Mastectomy | L | R | Both |
| Deviated Nose Septum | L | R | Both | Breast Reconstruction | L | R | Both |
| Sinus Surgery | | | | Breast Reduction | L | R | Both |
| Mastoidectomy | L | R | Both | Hysterectomy | | | |
| Tonsillectomy | L | R | Both | Ovary Removal | L | R | Both |
| Carotid Artery Surgery | L | R | Both | Tubal Ligation | | | |
| Thyroid Removal | L | R | Both | C-Section | | | |
| Breast Biopsy | L | R | Both | Carpal Tunnel Surgery | L | R | Both |
| Breast Lump Removal | L | R | Both | Rotator Cuff Repair | L | R | Both |
| Lung Surgery | L | R | Both | Shoulder Surgery | L | R | Both |
| Heart Bypass Surgery | L | R | Both | Hip Fracture & Surgery | L | R | Both |
| Heart Valve Replacement | | | | Hip Replacement | L | R | Both |
| Appendectomy | | | | Knee Replacement | L | R | Both |
| Gallbladder Surgery | | | | Knee Surgery | L | R | Both |
| Kidney Removal | L | R | Both | Neck Surgery | | | |
| Inguinal Hernia Surgery | | | | Low Back Surgery | | | |
| Colon Polyp Removal | | | | Spinal Fusion | | | |
| Colon Removal | | | | Spinal Decompression | | | |
| Anal Fissure Repair | | | | Ulcer Surgery | | | |
| Leg Circulation Surgery | L | R | Both | _____ | | | |
| Foot Surgery | L | R | Both | _____ | | | |

**If you have had spinal surgery, please indicate date and facility**: _____

**Have you had any pain management procedures?** Yes No

What procedure (Please circle):

Major joint injection
Epidural
Rhizotomy
Facet joint injection
Disectomy
Other: _____

1. Please indicate date and facility:

_____

_____

_____

2. Did you get any relief from these injections/procedures? Yes No
3. If so, for how long? _____

**Have you ever had difficulty getting numb at the dentist office? Yes No**

**Have you ever been diagnosed with MRSA? If Yes when?_____ No**

**Review of Systems**

*Please circle the symptoms that are present at this time*

**General**
Fever
Weight gain
Weight loss
Chills
Fatigue
Sweats
Loss of appetite
Anorexia
Malaise
Headaches

**HEENT**
Vision loss
Light sensitivity
Double Vision
Blurred Vision
Eye pain
Eye Irritation
Eye Discharge
Visual Disturbance
Ringing in ears
Decreased hearing
Congestion
Hoarseness
Ear Pain
Difficulty swallowing
Hearing Loss
Ear discharge
Vertigo
Nose bleeds
Runny Nose
Sore Throat
Headache

**Cardiovascular**
Chest pain
Edema
Leg Pain and/or swelling
Shortness of Breath
Swelling of extremities
Difficulty breathing lying down
Leg cramps during exertion
Ankle swelling
Palpitations
Fainting spells

**Respiratory**
Cough
Sputum Production
Snoring
Shortness of breath at rest
Shortness of breath with exertion
Coughing up blood
Wheezing
Waking up gasping for breath

**Gastrointestinal**
Bloody or black stools
Abdominal pain
Nausea
Constipation
Vomiting
Diarrhea
Change in bowel habits

**Female Genitourinary**
Abnormal menstrual period
Blood in urine
Change in bladder habits
Change in urinary stream
Difficulty starting urination
Frequent urination at night
Incontinence
Pelvic pain
Urinary urgency/frequency
Vaginal discharge

**Male Genitourinary**
Change in bladder habits
Change in urinary stream
Pelvic pain

**Musculoskeletal**
Muscle weakness
Bone pain
Back pain
Decreased range of motion
Joint pain
Joint stiffness
Joint swelling
Muscle cramps
Muscle Pain
Physical disability
Stiffness

**Skin**
Poor skin healing
Hair loss
Itching
Rash
Dryness
Suspicious lesions
Jaundice
Skin color changes

**Neurological**
Balance problems
Dizziness
Headaches
Memory loss
Numbness
Seizures
Speech problems
Tingling
Tremors
Unsteadiness
Visual Changes
Weakness
Weakness in extremities

**Psychiatric**
Anxiety
Depression
Hallucinations
Suicidal thoughts
Memory loss
Mental disturbance
Paranoia
Insomnia

**Endocrine**
Increased appetite
Excessive urination
Cold intolerance
Increased thirst
Heat intolerance
Weight change

**Heme/Lymphatic**
Tendency towards bleeding
Abnormal bruising
Enlarged lymph glands

**Allergic/Immunologic**
Persistent infections
HIV exposures
Hives
Hay fever

**Pain and Headache Center Screening Questionnaire**

Patient name _____ Date _____

| **Nicotine Addiction** | **Heavy Smoking Index** |
|---|---|
| How soon after waking do you smoke your first cigarette? | □ Within 5 minutes<br>□ 6-30 minutes<br>□ 31-60 minutes<br>□ Longer that 60 minutes |
| How many cigarettes do you smoke per day? | □ 10 or less<br>□ 11-20<br>□ 21-30<br>□ 31 or more |
| **Alcohol dependence** | **CAGE-Questionnaire** |
| Have you ever felt you needed to cut down drinking? | □ yes □ no |
| Have people annoyed you by criticizing your drinking? | □ yes □ no |
| Have you ever felt guilty about drinking? | □ yes □ no |
| Have you ever felt you needed a drink first thing in the morning (eye-opener) to steady your nerves or get rid of a hangover? | □ yes □ no |
| **Psychiatric History** | |
| Is there any history of psychiatric illness or addiction (such as alcohol or drugs) in your family (parents or siblings)? | □ yes □ no |
| Before the age of 14, have you experienced psychological strain and/or suffered from a cerebral lesion or disease that had negative influence on your development (resulting in difficulties at school, changes in behaviour or stuttering)? | □ yes □ no |

| | |
|---|---|
| Are you or have you ever been suffering from a Depressive Disorder or Anxicty Disorders? | □ yes □ no |
| Evidence of former or current Abuse of or Addiction to illicit drugs? | □ yes □ no |
| **Expected Effect of Pain Medication** | |
| Do you think that a drug can make you happier, more content or more self-secure? | □ yes □ no |
| Do you think that a drug can help you unwind and/or reduce stress? | □ yes □ no |
| **Origin of Pain** | |
| In your opinion, is your pain mainly due to organ damage or could psychologic factors or psychosocial stress lead to your pain?<br><br>Please assign your estimation with a horizontal line on the line between the two poles: | My pain is caused by physical reasons only<br>100%<br>  <br>100%<br>My pain is caused by psychologic reasons only |

# The Pain and Headache Center, LLC

**Name:**_____ **DOB:** _____

**SLEEP APNEA RISK ASSESSMENT**

Sleep apnea has been shown to increase the risk for heart disease, heart attack and stroke. It is also associated with numerous conditions that are known to increase the risk for cardiac disease, such as diabetes mellitus and hypertension. To find out if you may be at risk for sleep apnea, fill out the survey below.

| | | |
|---|---|---|
| Do you snore? | Yes (2) No (0) | |
| Can your snoring be heard through a door or wall? | Yes (2) No (0) | |
| Has anyone ever told you that you stop breathing at night? | Yes (2) No (0) | |
| **What is your collar size?** | | |
| Male: Less than 17 inches (0) More than 17 inches (2) | | |
| Female: Less than 16 inches (0) More than 16 inches (2) | | |
| **Do you occasionally fall asleep during the day when:** | | |
| You are not busy or are inactive? | Yes (2) No (0) | |
| You are driving or stopped at a light? | Yes (2) No (0) | |
| Are you over weight? | Yes (2) No (0) | |
| Do you have high blood pressure? | Yes (2) No (0) | |
| Are you often tired during the day? | Yes (2) No (0) | |

Total: _____

| | | |
|---|---|---|
| 9 POINTS OR MORE | 6-8 POINTS | 5 POINTS OR LESS |
| Severe Risk for Sleep Apnea | Moderate Risk for Sleep Apnea | LOW Risk for Sleep Apnea |

Printed Name:_____

Signature:_____ Date:_____

# The Pain and Headache Center, LLC

Name:_____DOB: _____

**BECK'S DEPRESSION INVENTORY**

This depression inventory can be self-scored. The scoring scale is at the end of the questionnaire.

| | | |
|---|---|---|
| 1 | 0 | I do not feel sad. |
| | 1 | I feel sad. |
| | 2 | I am sad all the time and I can't snap out of it. |
| | 3 | I am so sad and unhappy that I can't stand it. |
| 2 | 0 | I am not particularly discouraged about the future. |
| | 1 | I feel discouraged about the future. |
| | 2 | I feel I have nothing to look forward to. |
| | 3 | I feel the future is hopeless and that things cannot improve. |
| 3 | 0 | I do not feel like a failure. |
| | 1 | I feel I have failed more than the average person. |
| | 2 | As I look back on my life, all I can see is a lot of failures. |
| | 3 | I feel I am a complete failure as a person. |
| 4 | 0 | I get as much satisfaction out of things as I used to. |
| | 1 | I don't enjoy things the way I used to. |
| | 2 | I don't get real satisfaction out of anything anymore. |
| | 3 | I am dissatisfied or bored with everything. |
| 5 | 0 | I don't feel particularly guilty. |
| | 1 | I feel guilty a good part of the time. |
| | 2 | I feel quite guilty most of the time. |
| | 3 | I feel guilty all of the time. |
| 6 | 0 | I don't feel I am being punished. |
| | 1 | I feel I may be punished. |
| | 2 | I expect to be punished. |
| | 3 | I feel I am being punished. |
| 7 | 0 | I don't feel disappointed in myself. |
| | 1 | I am disappointed in myself. |
| | 2 | I am disgusted with myself. |
| | 3 | I hate myself. |
| 8 | 0 | I don't feel I am any worse than anybody else. |
| | 1 | I am critical of myself for my weaknesses or mistakes. |
| | 2 | I blame myself all the time for my faults. |
| | 3 | I blame myself for everything bad that happens. |
| 9 | 0 | I don't have any thoughts of killing myself. |
| | 1 | I have thoughts of killing myself, but I would not carry them out. |
| | 2 | I would like to kill myself. |
| | 3 | I would kill myself if I had the chance. |
| 10 | 0 | I don't cry any more than usual. |
| | 1 | I cry more now than I used to. |
| | 2 | I cry all the time now. |
| | 3 | I used to be able to cry, but now I can't cry even though I want to |
| 11 | 0 | I am no more irritated by things than I ever was. |
| | 1 | I am slightly more irritated now than usual. |
| | 2 | I am quite annoyed or irritated a good deal of the time. |
| | 3 | I feel irritated all the time. |
| 12 | 0 | I have not lost interest in other people. |
| | 1 | I am less interested in other people than I used to be. |
| | 2 | I have lost most of my interest in other people. |
| | 3 | I have lost all of my interest in other people |
| 13 | 0 | I make decisions about as well as I ever could. |
| | 1 | I put off making decisions more than I used to. |
| | 2 | I have greater difficulty in making decisions more than I used to. |
| | 3 | I can't make decisions at all anymore. |
| 14 | 0 | I don't feel that I look any worse than I used to. |
| | 1 | I am worried that I am looking old or unattractive. |
| | 2 | I feel there are permanent changes in my appearance that make me look unattractive |
| | 3 | I believe that I look ugly. |
| 15 | 0 | I can work about as well as before. |
| | 1 | It takes an extra effort to get started at doing something. |
| | 2 | I have to push myself very hard to do anything. |
| | 3 | I can't do any work at all. |

| | | |
|---|---|---|
| 16 | 0<br>1<br>2<br>3 | I can sleep as well as usual.<br>I don't sleep as well as I used to.<br>I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.<br>I wake up several hours earlier than I used to and cannot get back to sleep. |
| 17 | 0<br>1<br>2<br>3 | I don't get more tired than usual.<br>I get tired more easily than I used to.<br>I get tired from doing almost anything.<br>I am too tired to do anything. |
| 18 | 0<br>1<br>2<br>3 | My appetite is no worse than usual.<br>My appetite is not as good as it used to be.<br>My appetite is much worse now.<br>I have no appetite at all anymore. |
| 19 | 0<br>1 | I haven't lost much weight, if any, lately.<br>I have lost more than five pounds. |
| | 2<br>3 | I have lost more than ten pounds.<br>I have lost more than fifteen pounds |
| 20 | 0<br>1<br>2<br>3 | I am no more worried about my health than usual.<br>I am worried about physical problems like aches, pains, upset stomach, or constipation.<br>I am very worried about physical problems and it's hard to think of much else.<br>I am so worried about my physical problems that I cannot think of anything else. |
| 21 | 0<br>1<br>2<br>3 | I have not noticed any recent changes in my interest in sex.<br>I am less interested in sex than I used to be.<br>I have almost no interest in sex.<br>I have lost interest in sex completely. |

Total: _____

**INTERPRETING THE BECK DEPRESSION INVENTORY**

Now that you have completed the questionnaire, add up the score for each of the questions by counting the number to the right of each question you marked. The heist possible total for the whole test would be sixty-three. This would mean you circled number three on all twenty-on questions. Since the lowest possible score for each question is zero, the lowest possible score for the test would be zero. You can evaluate your depression according to the Table below.

- 1-10 These ups and downs are considered normal
- 11-16 Mild mood disturbance
- 17-20 Border line clinical depression
- 21-30 Moderate depression
- 31-40 Severe depression
- 40+ Extreme depression

Printed Name:_____

Signature:_____ Date:_____

# The Pain and Headache Center, LLC

Name:_____DOB: _____

Opioid Risk Tool

The following are some questions given to patients who are on or being considered for medication for their pain. Please answer each question as honesty as possible. There are no right or wrong answers.

| | Never | Seldom | Sometimes | Often | Very Often |
|---|---|---|---|---|---|
| 1. How often do you have mood swings? | 0 | 1 | 2 | 3 | 4 |
| 2. How often have you felt a need for higher doses of medication to treat your pain? | 0 | 1 | 2 | 3 | 4 |
| 3. How often have you felt impatient with your doctors? | 0 | 1 | 2 | 3 | 4 |
| 4. How often have you felt that things are just too overwhelming that you can't handle them? | 0 | 1 | 2 | 3 | 4 |
| 5. How often is there tension in the home? | 0 | 1 | 2 | 3 | 4 |
| 6. How often have you counted pain pills to see how many are remaining? | 0 | 1 | 2 | 3 | 4 |
| 7. How often have you been concerned that people will judge you for taking pain medications? | 0 | 1 | 2 | 3 | 4 |
| 8. How often do you feel bored? | 0 | 1 | 2 | 3 | 4 |
| 9. How often have you taken more pain medication than you were supposed to? | 0 | 1 | 2 | 3 | 4 |
| 10. How often have you worried about being left alone? | 0 | 1 | 2 | 3 | 4 |
| 11. How often have you felt a craving for medication? | 0 | 1 | 2 | 3 | 4 |
| 12. How often have others expressed concern over your use of medication? | 0 | 1 | 2 | 3 | 4 |
| 13. How often have any of your close friends had a problem with alcohol or drugs? | 0 | 1 | 2 | 3 | 4 |

| | Never | Seldom | Sometimes | Often | Very Often |
|---|---|---|---|---|---|
| 14. How often have others told you that you had a bad temper? | 0 | 1 | 2 | 3 | 4 |
| 15. How often have you felt consumed by the need to get pain medication? | 0 | 1 | 2 | 3 | 4 |
| 16. How often have you run out of pain medication early? | 0 | 1 | 2 | 3 | 4 |
| 17. How often have others kept you from getting what you deserve? | 0 | 1 | 2 | 3 | 4 |
| 18. How often, in your lifetime, have you had legal problems or been arrested? | 0 | 1 | 2 | 3 | 4 |
| 19. How often have you attended an AA or NA meeting? | 0 | 1 | 2 | 3 | 4 |
| 20. How often have you been in an argument that was so out of control that someone got hurt? | 0 | 1 | 2 | 3 | 4 |
| 21. How often have you been sexually abused? | 0 | 1 | 2 | 3 | 4 |
| 22. How often have others suggested that you have a drug or alcohol problem? | 0 | 1 | 2 | 3 | 4 |
| 23. How often have you had to borrow pain medications from your family or friends? | 0 | 1 | 2 | 3 | 4 |
| 24. How often have you been treated for an alcohol or drug problem? | 0 | 1 | 2 | 3 | 4 |

Printed Name:_____

Signature:_____ Date:_____