



GLOBAL PAIN SCALE (FOR REFERENCE ONLY)

The Global Pain Scale is a screening tool to evaluate acute or chronic pain over time. Using numeric scales, the GPS assesses how pain is affecting a patient's emotional well-being, activities of daily living, and clinical outcomes.

Patient's Pain		NO PAIN										EXTREME PAIN	
		0	1	2	3	4	5	6	7	8	9	10	
	Patient's <i>current</i> pain is	0	1	2	3	4	5	6	7	8	9	10	
	During <i>the past week</i> , the best the patient's pain has been was.....	0	1	2	3	4	5	6	7	8	9	10	
	During <i>the past week</i> , the worst the patient's pain has been was.....	0	1	2	3	4	5	6	7	8	9	10	
	During <i>the past week</i> , the patient's average pain level has been	0	1	2	3	4	5	6	7	8	9	10	
During <i>the past 3 months</i> , the patient's average pain level has been	0	1	2	3	4	5	6	7	8	9	10		

Patient's Mood	During the past week I have felt...	STRONGLY DISAGREE										STRONGLY AGREE	
		0	1	2	3	4	5	6	7	8	9	10	
	Afraid.....	0	1	2	3	4	5	6	7	8	9	10	
	Depressed	0	1	2	3	4	5	6	7	8	9	10	
	Tired	0	1	2	3	4	5	6	7	8	9	10	
	Anxious	0	1	2	3	4	5	6	7	8	9	10	
Stressed	0	1	2	3	4	5	6	7	8	9	10		

Patient's Clinical Outcomes	During the past week...	STRONGLY DISAGREE										STRONGLY AGREE	
		0	1	2	3	4	5	6	7	8	9	10	
	I had trouble sleeping	0	1	2	3	4	5	6	7	8	9	10	
	I had trouble feeling comfortable	0	1	2	3	4	5	6	7	8	9	10	
	I was less independent.....	0	1	2	3	4	5	6	7	8	9	10	
	I was unable to work (or perform normal tasks).....	0	1	2	3	4	5	6	7	8	9	10	
I needed to take more medication	0	1	2	3	4	5	6	7	8	9	10		

Patient's Activities	During the past week I was NOT able to...	STRONGLY DISAGREE										STRONGLY AGREE	
		0	1	2	3	4	5	6	7	8	9	10	
	Go to the store	0	1	2	3	4	5	6	7	8	9	10	
	Do chores in my home	0	1	2	3	4	5	6	7	8	9	10	
	Enjoy my friends and family	0	1	2	3	4	5	6	7	8	9	10	
	Exercise (including walking)	0	1	2	3	4	5	6	7	8	9	10	
Participate in my favorite hobbies	0	1	2	3	4	5	6	7	8	9	10		

The questions below are included in Zeel's in-app Veteran evaluations, in addition to the Global Pain Scale.
They are intended to measure patient progress toward the VA's main objectives in prescribing massage therapy as a clinical intervention for Veterans:

- 1) Reduction of pain medication usage
- 2) Return to activities of daily living
- 3) Improving ability to work

1. In the past WEEK, how often have you taken prescription pain medication for this condition?

- Multiple times a day Every day Every few days Not at all

2. In the past WEEK, how often have you taken over the counter pain medication for this injury/condition (e.g. Motrin, Tylenol, etc.)?

- Multiple times a day Every day Every few days Not at all

3. In the past MONTH, how many days of work have you missed due to pain?

- None 1-2 days 3-5 days 5+ days Retired/
not working Not working due
to pain/disability

4. In the past 6 MONTHS, have you had any non-routine doctor's visits (such as to the ER or urgent care) due to this injury/condition?

- No unscheduled doctor/hospital visits 1-2 visits 3-5 visits 5+ visits

5. How strongly are you considering pursuing procedures such as surgery or epidural injections to treat this injury/condition?

- Not considering 0 1 2 3 4 5 6 7 8 9 10 Strongly considering