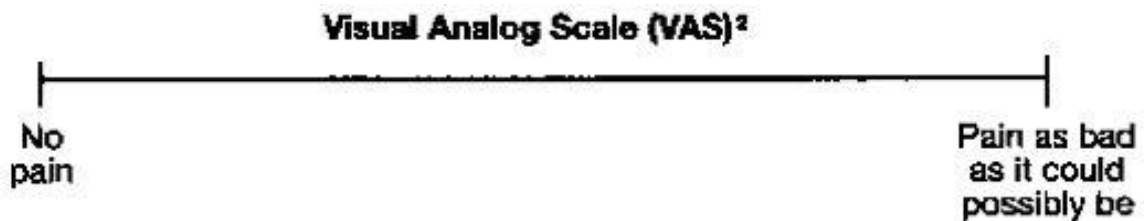


Pain assesment Tools:

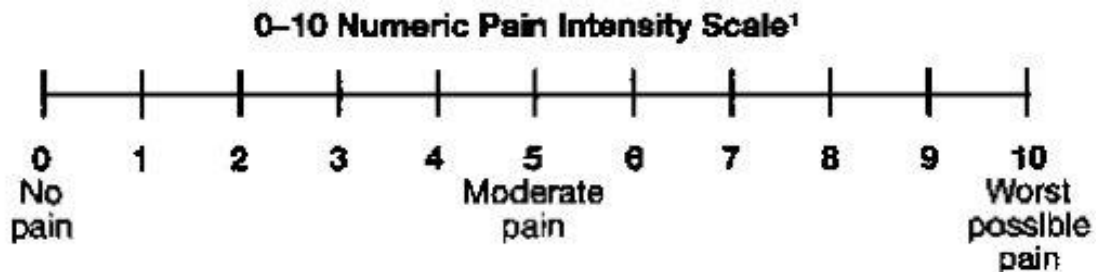
Pain scales are a convenient option for pain measurement. They enable the structured monitoring of the course of the condition and therefore also of the effectiveness of pain therapy. Pain is best assessed and addressed in the context of a comprehensive care setting. Hemophilia patients should use self-reporting tools. Specific pain questionnaires for self-assessment have proven useful when it comes to targeted preparation for the medical consultation.

Single-dimensional rating scales (disregard information such as pain duration, frequency, triggering factors or interference).

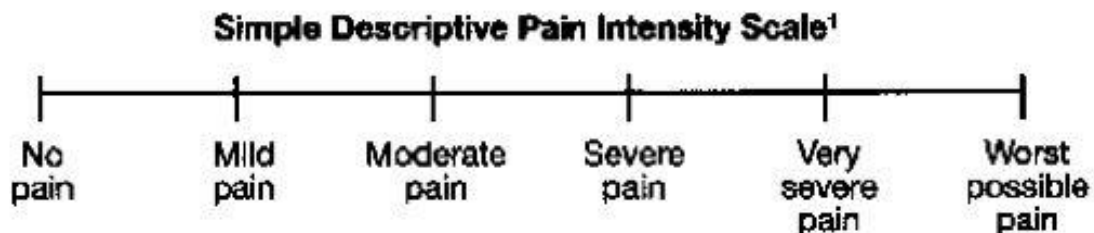
Visual Rating Scale (VAS):



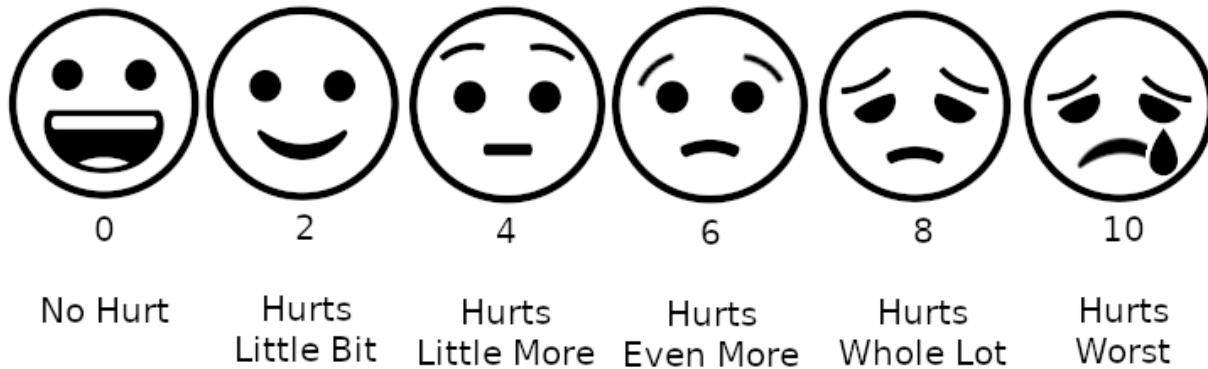
Numerical Rating Scales (NRS):



Simple Descriptive Pain Intensity Scale:



Wong-Baker FACES Scale:



Due to possible misleading conclusions, the still widely used Wong-Baker FACES Scale is not recommended. The faces pain scale is used for self-assessment of pain severity, a useful instrument, inter alia, for foreign language patients.

Multi-dimensional rating scales (more time consuming but a lot more accurate to assess the pain and plan the best treatment):

McGill Pain Questionnaire:

The McGill Pain Questionnaire can be used to evaluate a person experiencing significant pain. It can be used to monitor the pain over time and to determine the effectiveness of any intervention. It was developed at by Dr. Melzack at McGill University in Montreal Canada and has been translated into several languages.

Brief Pain Inventory (BPI):

The Brief Pain Inventory (BPI) rapidly assesses the severity of pain and its impact on functioning. The BPI has been translated into dozens of languages, and it is widely used in both research and clinical settings. The BPI is available in two formats: the BPI short form, which is used for clinical trials and is the version used for the foreign-language translations; and the BPI long form, which contains additional descriptive items that may be clinically useful (for example, items that expand the possible descriptors of pain, such as burning, tingling, etc.). For brevity's sake and for the patient's ease of use, it is recommended to use the short form of the BPI.

Multidimensionnel Haemophilia Pain Questionnaire (MHPQ):

The multidimensionality of the MHPQ provides a complete characterization of pain, grasping a broad range of information. The questions focus on pain characteristics (locations, duration, frequency, temporal pattern, triggers, intensity, and interference), as well as treatment options (pain specialists and management strategies) and satisfaction, which are not fully covered by other hemophilia questionnaires.

Pain Treatment Planning Questionnaire (PTPQ):

The PTPQ is a 28-item condition-specific PRO instrument developed for use in the outpatient setting to guide communication about pain and pain treatment between patients with bleeding disorders and multidisciplinary healthcare providers. It is a multidimensional tool that measures several constructs, including body locations of pain, pain severity, pain frequency, descriptive qualities, pain interference, palliating and provoking factors, timing, satisfaction with treatment, a checklist of treatments, exercise participation, and self-efficacy to manage pain with different categories of treatment.

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