



Questions to ask your health-care professional

These are some suggestions for questions that you could ask your health-care professional based on the concerns you have identified.

Diagnosis and cure ✓	
I don't think enough has been done to find out what is wrong.	<input type="checkbox"/> Is there anything more that could be done to find out what is wrong?
	<input type="checkbox"/> Have all reasonable tests been carried out?
	<input type="checkbox"/> Should I see a pain specialist about my condition?
I don't know the cause of this condition.	<input type="checkbox"/> What is causing my pain?
	<input type="checkbox"/> Why did nothing show up on my scan?
I don't understand my diagnosis.	<input type="checkbox"/> Can you explain my diagnosis again?
	<input type="checkbox"/> Do you have any written information on this?
	<input type="checkbox"/> The feedback from my scan was 'wear and tear'. What does this mean?
My pain is not getting any better.	<input type="checkbox"/> Are there other treatment options that we haven't tried yet?
My pain is getting worse.	<input type="checkbox"/> How can I tell whether or not my symptoms mean I should get immediate medical help?
	<input type="checkbox"/> Should I see a pain specialist about my condition?
	<input type="checkbox"/> Is my pain going to keep on getting worse?
Changes to my life ✓	
I see my family and friends.	<input type="checkbox"/> What strategies can I use to make sure I can still enjoy time with family and friends?
	<input type="checkbox"/> How can I explain my pain to family and friends?
I am able to continue in or return to work.	<input type="checkbox"/> Are there any restrictions on me going back to work?
	<input type="checkbox"/> What help is available to me for getting back to work?
	<input type="checkbox"/> How am I going to be able to cope with work after being off because of my pain?
	<input type="checkbox"/> Is there anything I should stop or avoid doing?
I am doing my usual day-to-day tasks at home.	<input type="checkbox"/> What strategies can I use to make sure I can do everything I need to?
	<input type="checkbox"/> Is there anything I should stop or avoid doing?
I am getting a good night's sleep.	<input type="checkbox"/> What can I do to help get a good night's sleep?
I do leisure activities that I used to enjoy.	<input type="checkbox"/> Am I still able to.... (ride a bike, go hillwalking, and so on)?
I have money worries.	<input type="checkbox"/> Where can I get advice on financial support?

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The way I'm feeling ✓	
I feel embarrassed that I can't do the things I used to.	<input type="checkbox"/> How can I get back to doing the same things that I used to?
	<input type="checkbox"/> What is available to help me deal with these negative feelings?
	<input type="checkbox"/> How can I explain to people about the effect my pain has on me?
I feel in a low mood.	<input type="checkbox"/> What can I do to stop feeling so low?
	<input type="checkbox"/> What help is available to me for these negative feelings?
I feel stressed.	<input type="checkbox"/> What can I do to stop feeling so stressed?
	<input type="checkbox"/> What is available to help me deal with these negative feelings?
I feel that people are judging me.	<input type="checkbox"/> What is available to help me deal with these negative feelings?
I feel lonely and isolated.	<input type="checkbox"/> How can I connect with other people who are going through the same thing?
	<input type="checkbox"/> How can I explain to people about the effect my pain has on me?
My medication ✓	
I am concerned about the amount of medication I'm taking.	<input type="checkbox"/> Can you tell me what all my medications do?
	<input type="checkbox"/> Will I become addicted to the medications I am taking?
	<input type="checkbox"/> Are there other ways to treat this condition that does not involve medication?
I am concerned about the combination of medicine I'm taking.	<input type="checkbox"/> How do these medicines affect one another?
I am concerned about the side effects of the medication I am on.	<input type="checkbox"/> What are the side effects of all the medication I am taking?
	<input type="checkbox"/> Will any of these medicines harm me?
	<input type="checkbox"/> Can you explain to me the difference between side effects and harm caused by medications?
I am concerned that my medication does not help my pain.	<input type="checkbox"/> Should I stop medications that do not help?