



Questions to ask your health-care professional

These are some suggestions for questions that you could ask your health-care professional based on the three concerns you have identified in Part 1.

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



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