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BANSKÁ BYSTRICA

THE RISK OF PAIN CHRONIFICATION QUESTIONNAIRE

Dear colleagues!

After several years of research, preparation, validation, evaluation and clinical verification at the Algesiology Clinic of the University of Bratislava at the Roosevelt Hospital in Banská Bystrica, we would like to present and provide you with the perhaps definitive version of the "Chronification of Pain Risk Questionnaire". We have repeatedly presented and published the process of its relatively complicated preparation, and after careful consideration, we currently believe that it is ready and ready for use in routine clinical practice.

We present it to you as a useful and proven tool for verifying the presence and degree of CNS sensitization as a basis for the development of chronic pain. In our workplace, it has become a welcome and useful tool in recent months. We use it with new outpatients before the initial examination, and after the last adjustment of the style of the text of the individual items, even older and less skilled patients can fill it out in 10 to 15 minutes without any major problems with the help of an algesiology nurse. Thus, even before the initial examination, the doctor has at his disposal rare information about the possible presence of CNS sensitization and thus the severity of chronic pain in the examined patient, which he would otherwise have discovered only during or after the completion of a comprehensive examination. After completing it, approximately 3 months after the start of effective algesiological treatment, he can verify the alleviation or regression of CNS sensitization and the success of chronic pain treatment. Its fundamental preventive benefit in patients before elective surgery within the ERAS system is not negligible.

At the same time as the start of using this questionnaire in the outpatient department of our clinic, we have also created a system for recording and evaluating the data obtained from the questionnaire in the form of an Excel table, which allows us to monitor and evaluate its clinical benefit in the population of our patients.

Dear colleagues, please use our Pain Chronicity Risk Questionnaire in your algesiological practice and record the data you obtain using it in the attached table so that over time we can compare its benefits and scientific significance in the fight against chronic pain and suffering of our patients.

With collegial greetings

Yours

Igor Martuliak