

PQRSTU Pneumonic

PALLIATING OR PRECIPITATING FACTORS	<i>What makes the pain better?</i> <i>What makes it worse?</i>
QUALITY	<i>How would you describe your pain?</i> <i>Is your pain sharp, aching, or dull?</i> <i>Does the pain feel like pressure?</i> <i>Is it cramping, burning, intermittent, constant?</i>
RADIATION OR DISTRIBUTION OF PAIN	<i>Where is the pain?</i> <i>Can it be pinpointed to a specific location or is it diffuse?</i> <i>Does the pain radiate from one location to another?</i>
SEVERITY	<i>On a scale of 0-10 with 0 being no pain and 10 being the worse pain you have ever experienced, how would you rate your pain?</i>
TIMING	<i>When is the pain most severe?</i> <i>When is the pain better?</i>
YOU	<i>What impact is the pain having on your life?</i>