

Online Appendix.

PAIN ASSESSMENT GUIDE (ENGLISH)

P	Position	Where is your pain? Are there any other painful areas? Where is your MOST painful area?
	Provocative Factors	What makes the pain worse? <i>E.g. movement</i>
	Palliative Factors	What makes the pain better? <i>E.g. rest, medications?</i>
Q	Quality	What is the pain like? Describe the pain. <u>NOCICEPTIVE PAIN</u> a) Somatic (<i>Bones/Skin/Muscle/Joints</i>) - Sharp, Aching, Throbbing, Stabbing, Pressure-like - Usually well-localised and worse on movement <i>E.g. Bone metastasis, Sarcoma, Post-surgical procedures</i> b) Visceral (<i>Visceral organs e.g. liver, intestines, pancreas, bladder</i>) - Sharp, Dull, Aching, Throbbing (Involvement of organ capsule) - Cramping, Colicky (Obstruction of hollow viscus) - Usually diffuse and difficult to localize <i>E.g. Liver metastasis, Pancreatic Cancer, Ascites, Intestinal Obstruction (Ovarian, Colorectal Cancer), Ureteral obstruction (Gastrointestinal, Genitourinary & Gynaecological Cancer)</i> <u>NEUROPATHIC PAIN</u> (<i>Central/peripheral nervous system</i>) - Sharp, Burning, Pricking, Shooting, "Electric-like", Stabbing, Numbness, Tingling <i>E.g. Spinal Cord Compression, Chest Wall (Lung Cancer)</i>
R	Radiation	Does the pain radiate to other parts of the body?
S	Severity	What is your Pain Score for the pain that affects you the MOST? *USE PAIN RULER (<i>0 is no pain, 10 is the worst pain imaginable, what is your pain score?</i>) • Pain <u>NOW</u> • On <u>MOVEMENT</u> (Is this the <u>WORST</u> pain in the <i>last 24 Hours?</i>) • At <u>REST</u> (Is this the <u>LEAST</u> pain in the <i>last 24 Hours?</i>)
	Sleep	Does the pain affect your sleep?
T	Timing	How long have you had the pain? (<i>Chronic > 3 months</i>) Is the pain continuous or episodic (sometimes)?

PANDUAN PENILAIAN KESAKITAN (SABAH MALAY)

P	Position	Bahagian mana yang sakit? Ada bahagian lagi yang sakit? Bahagian mana yang PALING sakit?
	Provocative Factors	Apakah yang menambahkan kesakitan itu? <i>E.g. pergerakan?</i>
	Palliative Factors	Apakah yang mengurangkan kesakitan itu? <i>E.g. rehat, ubat?</i>
Q	Quality	Macam mana kesakitan itu? Terangkan kesakitan itu. <u>KESAKITAN "NOCICEPTIVE"</u> a) Somatik (<i>Tulang/Kulit/Otot/Sendi</i>) - Tajam, Berterusan, Berdenyut-Denyut, Rasa ditikam/ ditekan - Biasanya di lokasi spesifik dan lebih kuat sakit semasa bergerak <i>E.g. Metastasis tulang, Sarcoma, Selepas prosedur pembedahan</i> b) "Visceral" (Organ visera- hati, usus, pancreas, pundi kencing) - Tajam, Berterusan, Berdenyut-Denyut (Organ capsule) - "Cramp", Memulas-mulas ("datang-datang") (Obstruction) - Biasanya tiada lokasi spesifik <i>E.g. Metastasis Hati, Kanser pancreas, Asites, Halangan Usus, Obstruction (Kanser Ovari, Kolorektum), Halangan Uretra (Kanser Usus, Kanser Genitourinari & Kanser Gynekologi)</i> <u>KESAKITAN NEUROPATIK</u> (Sistem saraf sentral/ Periferal) - Tajam, Rasa Panas/ Pedas, "Cucuk-Cucuk", Renjatan, Merebak, "Current-Current", Rasa Ditikam, Kebas, "Semut-Semut". <i>e.g. Pemampatan Saraf Tunjang, Kanser Paru-paru</i>
	R	Radiation
S	Severity	Apakah tahap kesakitan bagi bahagian badan yang PALING sakit? *GUNA PEMBARIS SKALA KESAKITAN (<i>0 ialah tiada sakit, 10 ialah sakit paling kuat yang boleh dibayangkan, apakah nombor kesakitan sekarang?</i>) • Sakit SEKARANG, • Semasa BERGERAK (Adakah ini kesakitan yang PALING KUAT dalam masa 24 Jam yang lalu?) • Semasa BEREHAT (Adakah ini kesakitan yang PALING KURANG dalam masa 24 Jam yang lalu?)
	Sleep	Adakah kesakitan anda mempengaruhi tidur?
T	Timing	Berapa lama anda mengalami kesakitan ini? (<i>Kronik > 3 bulan</i>) Adakah anda sentiasa ATAU kadang-kadang merasa sakit?