

OPQRST Pain Assessment Cheat Sheet

Hey there, friend!

Thanks for downloading this cheat sheet!

The OPQRST mnemonic is a quick tool that you can use to remember what questions you need to ask when you're assessing a patient's pain.

Keep it handy when you go to clinical, skills lab, lecture class, or any other time you need to assess a patient or remember how to do a pain assessment.

[And if you need more help with nursing fundamentals, be sure to check out this playlist on YouTube.](#)

Chat soon!

Christina

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OPQRST PAIN ASSESSMENT:

The OPQRST mnemonic is a quick tool that you can use to remember what questions you need to ask when you're assessing a patient's pain:

O – Onset

1. What were you doing when the pain started?
2. Did the pain happen suddenly, or had it been coming on for a while?

P – Provocation or Palliation

3. What makes the pain worse?
4. What makes the pain better?

Q – Quality

5. Can you describe the pain for me?

R – Region or Radiation

6. Where is the pain located?
7. Is it spreading or extending to another area?

S – Severity

8. On a scale of 0-10, with 0 being no pain at all, and 10 being the worst possible pain imaginable, where is your pain level at right now?

T – Timing

9. What were you doing when the pain started?
10. Is the pain always there or does it come and go?
11. Is there anything different about the pain than when it started?
12. Has this pain ever happened before?