

## Assessment & Treatment of Injury and Chronic Disease

### Assessment

Domain	Chronic Disease	Injury
General Information	Clinical Interview	Clinical Interview
Pain	Brief Pain Inventory	Pain Visual Analogue Scale
Depression	Depression PHQ- 9	Depression PHQ- 2 -> 9
Anxiety/PTSD	GAD-7	PCL Checklist PTSD
Catastrophizing	Pain Catastrophizing Scale	Pain Catastrophizing Scale-optional
Alcohol Use	NIAAA's Alcohol Screening – 2 item -> CAGE	NIAAA's Alcohol Screening – 2 item -> CAGE
Social Support	CDC's Behavioral Risk Factor Surveillance System - single item scale	CDC's Behavioral Risk Factor Surveillance System - single item scale
Self-Efficacy	Modified Arthritis Self-Efficacy Scale	2 item Self-efficacy for return to work, manage injury
Resilience	Connor-Davidson - 2	Connor-Davidson - 2

### Intervention

- Education around acute v. chronic pain & biopsychosocial model for pain
- Coping Skills Training
  - Calming the Mind/Body - Basic Relaxation Strategies Teaching – diaphragmatic breathing, mindfulness meditation, guided imagery, progressive muscle relaxation
  - Behavioral Activation
  - Managing Negative Thinking
  - Disease and Team Management – goal setting, assertiveness training
- Cognitive Behavioral Therapy

### Resources

- Amputee Coalition: <http://www.amputee-coalition.org/>
- Improving Well-being Program :<https://www.amputeewellbeing.org/>
- Promoting Amputee Life Skills (PALS) Online: [www.palsamputeeliveskills.org](http://www.palsamputeeliveskills.org)
- Take Charge of Pain: [www.takechargeofpain.org](http://www.takechargeofpain.org)
- Take Charge of Burn Pain: [www.takechargeoffburnpain.org](http://www.takechargeoffburnpain.org)
- Trauma Survivors Network: <http://www.traumasurvivorsnetwork.org/>
  - Recovery Assessment: [http://www.traumasurvivorsnetwork.org/recovery\\_assessments](http://www.traumasurvivorsnetwork.org/recovery_assessments)
  - NextSteps Self-Management Class online: <http://www.traumasurvivorsnetwork.org/pages/nextsteps>
- Other patient resources:
  - Apps for disability: (<http://www.disabled-world.com/assistivedevices/iphone-apps.php>)
  - PTSD Coach by the Department of Veterans Affairs

Name:

Date: **Aug 1, 2017**

**PAIN:** Your score is **7** on a 0-10 scale. *You could benefit from further services.*



Your level of pain is in the severe range. You need to speak with your doctor to develop a more effective pain management plan.

**DEPRESSION:** Your score is **9** on a 0-27 scale.



You indicated that you have had thoughts that you would be better off dead or of hurting yourself. You should seek immediate help from a health professional. If you believe you are at risk for suicide, dial "911" or go immediately to the nearest hospital Emergency Room for an evaluation or call 1-800-273-TALK (1-800-273-8255). Based on your responses, it looks as if you're experiencing only minimal depressive symptoms. Continued support from your family and friends can help. However, if your mood worsens, then it may be important to contact your doctor or get in touch with a mental health professional so that you can get the treatment you need.

**PTSD:** Your score is **6** on a 0-68 scale.



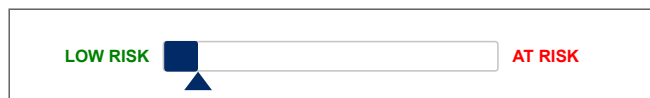
Your results indicate that you have few or no symptoms of PTSD. However it is good to know signs of PTSD so you can recognize it if you or others experience it in the future.

**ALCOHOL USE:** Your score is **1**. *You could benefit from further services.*



Your alcohol use suggests that you may be an at-risk drinker. Talk to your health care provider about your drinking pattern and if it might slow your recovery.

**TOBACCO USE:** Your score is **0**.



Tobacco use is not a problem for you. Avoiding the use of tobacco is important in protecting your health now and in the future.

**RESILIENCE:** Your score is **4** on a 0-8 scale. *You could benefit from further services.*



Resilience is your ability to deal with change and bounce back. Your responses suggest that your resilience level is low right now. Support from your family and friends can help. You would also benefit from joining in TSN support groups and working with the TSN coordinator to improve your ability to bounce back.

**RESOURCES:** Your score is **0** on a 0-3 scale. *You could benefit from further services.*



There are many things that can help with your recovery. Some of these things are your confidence in your ability to recover, your social support, and your financial resources. Your results suggest that you could use extra help in these areas. You would benefit from joining in TSN support groups and working with the TSN coordinator to find extra resources to help your recovery. It is key that you get the help you need to have a good recovery.