

Pain Checklist

The following questions may help determine if pain caused by your bleeding disorder is influencing your daily life. Ask your health care provider or hemophilia treatment center (HTC) team for help if you feel that your pain is disrupting your daily life physically, emotionally, academically, and/or socially.

Because of your pain . . .

Physically

- Are you often unable to participate in your favorite activities?
- Do you have difficulty sleeping?
- Do you have to stay home or in bed?
- Have you lost your appetite?
- Have you recently experienced a change in your mobility?
- Are you using crutches or a wheelchair?

Emotionally

- Are you often upset, short-tempered, or easily irritated by minor issues?
- Do you cry easily—sometimes not even knowing why? Do you generally feel sad or overwhelmed?
- Do you feel hopeless or like no one understands how you feel?

Academically

- Are you falling behind in school?
- Are you having trouble concentrating in class or on your assignments?
- Do you need to take frequent breaks while doing your assignments?

Socially

- Do you often have to cancel your plans with friends?
- Are you often alone?
- Have you isolated yourself from friends and family?