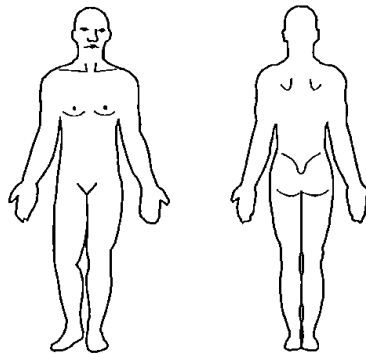


THE S-LANSS PAIN SCORE

NAME _____ DATE _____

- This questionnaire can tell us about the type of pain that you may be experiencing. This can help in deciding how best to treat it.
- Please draw on the diagram below where you feel your pain. If you have pain in more than one area, **only shade in the one main area where your worst pain is.**



- On the scale below, please indicate how bad your pain (that you have shown on the above diagram) has been in the last week where:
'0' means no pain and '10' means pain as severe as it could be.

NONE 0 1 2 3 4 5 6 7 8 9 10 SEVERE PAIN

-
- On the other side of the page are 7 questions about your pain (the one in the diagram).
 - Think about how your pain that you showed in the diagram has felt **over the last week**. Please circle the descriptions that best match your pain. These descriptions may, or may not, match your pain no matter how severe it feels.
 - Only circle the responses that describe your pain. **Please turn over.**

S-LANSS

1. **In the area where you have pain, do you also have ‘pins and needles’, tingling or prickling sensations?**
 - a) NO – I don’t get these sensations (0)
 - b) YES – I get these sensations often (5)

2. **Does the painful area change colour (perhaps looks mottled or more red) when the pain is particularly bad?**
 - a) NO – The pain does not affect the colour of my skin (0)
 - b) YES – I have noticed that the pain does make my skin look different from normal (5)

3. **Does your pain make the affected skin abnormally sensitive to touch? Getting unpleasant sensations or pain when lightly stroking the skin might describe this.**
 - a) NO – The pain does not make my skin in that area abnormally sensitive to touch (0)
 - b) YES – My skin in that area is particularly sensitive to touch (3)

4. **Does your pain come on suddenly and in bursts for no apparent reason when you are completely still? Words like ‘electric shocks’, jumping and bursting might describe this.**
 - a) NO – My pain doesn't really feel like this (0)
 - b) YES – I get these sensations often (2)

5. **In the area where you have pain, does your skin feel unusually hot like a burning pain?**
 - a) NO – I don’t have burning pain (0)
 - b) YES – I get burning pain often (1)

6. **Gently rub the painful area with your index finger and then rub a non-painful area (for example, an area of skin further away or on the opposite side from the painful area). How does this rubbing feel in the painful area?**
 - a) The painful area feels no different from the non-painful area (0)
 - b) I feel discomfort, like pins and needles, tingling or burning in the painful area that is different from the non-painful area (5)

7. **Gently press on the painful area with your finger tip then gently press in the same way onto a non-painful area (the same non-painful area that you chose in the last question). How does this feel in the painful area?**
 - a) The painful area does not feel different from the non-painful area (0)
 - b) I feel numbness or tenderness in the painful area that is different from the non-painful area (3)

Scoring: a score of 12 or more suggests pain of predominantly neuropathic origin